

St Ann's Group Timetable 2022

All sessions are FREE! Please pre-book your place

MONDAYS

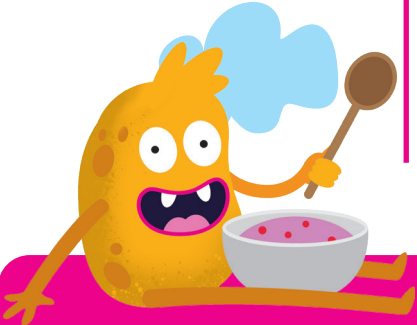
Cook & Play
11am-12.30pm

Booking only / limited spaces
Bluebell Hill Community Centre
Book: <https://fwcnp.eventbrite.co.uk>

Equipped2Succeed

10 week sessions for parents with children 0-4.

Contact us to enquire



WEDNESDAYS

Pregnancy Yoga (via Zoom)

11.45am-12.45pm
Book: <https://pyoga.eventbrite.co.uk>

Small Steps to Your English (ESOL course)

Contact us to enquire

Yoga Stretch with Your Newborn (via Zoom)

1pm-2pm
Book: <https://yswyn.eventbrite.co.uk>

THURSDAYS

Small Steps to Your English (ESOL course)

Contact us to enquire

Baby Massage (via Zoom)

1pm-2pm
Book: <https://fwbm.eventbrite.co.uk>



FRIDAYS

Story & Rhyme Time

10am-11am

St Emmanuel Church

Triple P Tips (via Zoom)

Book a 45-min online session with a Triple P coach.

Book: <https://fwppp.eventbrite.co.uk>



Triple P discussion groups

call **07790 944878** for more information and to book your place.

For all other group enquiries call **07790 944878** or email: groups@frameworkha.org

We will review this timetable in line with any changes to Government guidance about social distancing. Please visit www.smallstepsbigchanges.org.uk for the most up to date information.