

Family Group Programme

April-June 2015



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>10.00am-11.30am Cooking (inclusive of nutrition and budgeting) (21/4/15-12/5/15 4 x weeks)</p> <p>9.30am-11.30am Universal Credit System (Benefit Changes) (19/5/15)</p> <p>10.00am-11.30am Assertiveness Workshop (2 x sessions tbc)</p>	<p>10.00am-11.30am Grandparents Group (22/4/15)</p> <p>9.30am-11.00am Bumps and Beyond (22/4/15)</p>	<p>10.00am-11.30am Parent Chat (23/4/15-14/5/15 4 x weeks)</p> <p>10.00am-11.30am Relaxation/Mindfulness (21/5/15-25/6/15 6 x weeks)</p> <p>10.00am-11.30am PEEP (last session 30/4/15))</p> <p>10.00am-11.30am Baby Massage (14/5-11/6 5 x weeks)</p>	<p>9.30am-11.30am Coffee Morning (24/4/15)</p>
	<p>1.00pm-2.30pm The Inbetweeners group (21/4/15)</p> <p>7.30pm-9.00pm Book Club (tbc)</p>	<p>1.00pm-2.30pm Family Opps Meeting (20/5/15)</p>	<p>1.00pm-2.00pm Knitting (30/4/15 1 x session)</p> <p>Art Group with families (6 x weeks - tbc)</p>	

If you are interested in the **Sleep Clinic** please speak to a member of staff

First Step Community Project, 37 Galt Avenue, Musselburgh, EH21 8HU Tel: 0131 665 0848

If you are interested in the **Sleep Clinic please speak to a member of staff
First Step Community Project, 37 Galt Avenue, Musselburgh, EH21 8HU Tel: 0131 665 0848**