

# Family Group Programme

## January-March 2015



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>10.00am-11.30am</b> <b>Arts and Crafts</b> (13/1/15 x 5 weeks)</p> <p><b>10.00am-11.30am</b> <b>Crew – Awareness of Legal Highs</b> (3/3/15)</p> <p><b>10.00am-11.30am</b> <b>'Speak Out'</b> (10/3/15)</p>	<p><b>10.00am-11.30am</b> <b>Grandparents Group</b> (14/1/15)</p> <p><b>9.30am-11.00am</b> <b>Bumps and Beyond</b> (14/1/15)</p> <p><b>9.30am-11.00am</b> <b>PEEP</b> (28/1/15)</p>	<p><b>10.00am-11.30am</b> <b>Relaxation follow up</b> (29/1/15)</p> <p><b>9.30am-11.00am</b> <b>Sleep Clinic</b> (5/3/15)</p> <p><b>9.30am-11.00am</b> <b>Oral Health</b> (19/3/15)</p> <p><b>9.30am-11.00am</b> <b>'Fresh as a Daisy'</b> (26/3/15)</p>	<p><b>9.30am-11.30am</b> <b>Coffee Morning</b> (16/1/15)</p> <p><b>9.30am-11.00am</b> <b>Respectme – Anti-bullying course</b> (30<sup>th</sup> Jan, 6<sup>th</sup>, 13<sup>th</sup> Feb 15)</p>
<p><b>1.00pm-2.30pm</b> <b>Cooking</b> (2/3/15 x 4 weeks)</p>	<p><b>1.00pm-2.30pm</b> <b>The Inbetweeners group</b></p>		<p><b>12.00-1.30pm</b> <b>Yummy Mummies</b> (15/1/15)</p> <p><b>1.15pm-2.45pm</b> <b>Fitness</b> (15/1/15 x 5 weeks)</p>	

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