

QUEEN'S PARK FAMILY HUB ACTIVITY PROGRAMME JANUARY – APRIL 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:00am – 4:00pm Midwifery Appointments</p> <p>9:00am – 5:00pm Health Visitor Health Review Appointment Only</p> <p>10:00am – 11:30am Drop-In Ages 0-5 closed Maternity Champions (Pre-Crawlers Only) Drop-In – limited spaces</p> <p>9:15am – 12:30pm Citizens Advice Bureau Twice a month Call to book an appointment</p> <p>12pm – 4:30pm Home-Start Counselling</p> <p>1:00pm – 3:00pm Drop-In/Stay and Play</p> <p>3rd Week of the month. Cook and share a dish. Please sign up with drop-in staff Ages 0-5</p> <p>2:00pm – 6:00pm Family Therapy (fortnightly)</p> <p>4:00pm – 7:00pm Doorstep Library</p>	<p>9:00am – 4:00pm Midwifery Appointments</p> <p>9:30am – 11:15am Health Visitor Child Health Clinic Appointments only 0208 2002500 option 2</p> <p>9:30am – 11:30am Drop-In/Stay and Play Ages 0-5</p> <p>9:30am – 2:30pm Home-Start Counselling</p> <p>1:00pm – 3:00pm Drop-In/Stay and Play Ages 0-5</p>	<p>9:00am – 4:00pm Midwifery Appointments</p> <p>9:00am – 5:00pm Health Visitor Health Review Appointment Only</p> <p>8:30am – 10:30pm Home-Start Counselling</p> <p>9:30am – 11:30am Drop-In/Stay and Play Ages 0-5</p> <p>Speech & Language Advice 10th Jan, 7th Feb, 6th Mar, 3rd April</p> <p>SEND advice with Alexandra First Wednesday of the month. 10th Jan Specialist advice for parents of children with additional needs. E.g. Autism, ADHD, EHC plans, any other concerns.</p> <p>10am – 1pm 13 weeks excluding holidays. 17th Jan – 1st May Strengthening Families, Strengthening Communities Fathers for Futures is an inclusive parenting programme to help enhance father/child relationships and raise happy confident children. For fathers and male carers of children aged 0-18 yrs.</p> <p>9am – 5pm Therapy</p> <p>10.40pm – 5pm Therapy</p> <p>1:00pm – 3:00pm Drop-In/Stay and Play Ages 0-5</p> <p>4:00pm – 8:00pm Dream Arts (Ages 7+)</p>	<p>9:00am – 4:00pm Midwifery Appointments 9:30am – 11:30am Drop-In/Stay and Play Ages 0-5</p> <p>9:30am – 12.30pm Childcare Course Enquire at reception.</p> <p>9am – 5pm Therapy</p> <p>12.30 – 3pm NVR 6 weeks. Starts Thursday 18th Jan Non-violent resistance (NVR) addresses violent, destructive and harmful behaviours in children and adolescents. NVR can help parents and carers overcome their sense of helplessness.</p> <p>1:00pm – 3:00pm Drop-In Ages 0-5 closed Nurture Group Referrals Only</p> <p>1:30pm – 2:30pm Home-Start Counselling</p> <p>1:00pm – 4:00pm Shelter (fortnightly) Appointment Only</p>	<p>9:00am – 4:00pm Midwifery Appointments Postnatal Clinic</p> <p>9:30am – 11:30am Drop-In Ages 0-5 closed</p> <p>Dates TBC ESOL Classes Inquire at reception.</p> <p>1:00pm – 3:00pm Drop-In/Stay and Play Ages 0-5</p> <p>1:30pm – 3:30pm Breastfeeding support Drop – In Babies up to 28 days</p>



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Activities and Services are free
For more information call: 020 7641 5838

