

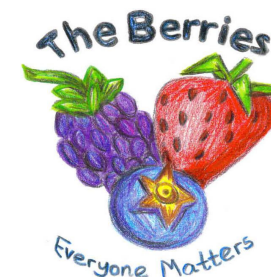
The Berries Children's Centre  
 Greenacres Avenue  
 Underhill Estate  
 Wolverhampton  
 WV10 8NZ  
 Tel.No – 01902 550960  
 Fax.No – 01902 550962



## Weekly Activities Sept– Dec 2011

Day	Time	Group	Details and Prices
Monday	12.30pm – 1.30pm	Beginnings	Breastfeeding support group (Free)
Monday	1.30pm – 2.45pm	Baby Massage Sessions run 12/9-3/10 & 7/11-28/11	0-20 weeks Please book a place (Free)
Tuesday	9am – 11am	Little Angels	Play and Stay (£1.00)
Wednesday	9.30am – 11am	Nurturing Programme	Free 10 week course to help you get the best out of family life
Thursday	9-30am-11-30am	Time 4 Tots	Play & Stay (£1.00)
Friday	9am-11am 1.30pm – 3.00pm	Teen Antenatal clinic Little Berries	Learn and Play 0-18 mths(Free)

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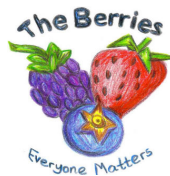


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## Activities Coming Soon ...



Day	Time	Group
<b>Mondays</b> 12 <sup>th</sup> Sept 2011 10 <sup>th</sup> Oct 2011 14 <sup>th</sup> Nov 2011 12 <sup>th</sup> Dec 2011	9.30am – 11.am	Childminders Play and Stay
<b>Wednesday</b> 7 <sup>th</sup> Sept 2011 14 <sup>th</sup> Sept 2011 21 <sup>st</sup> Sept 2011	1-30pm – 2-30pm	Cook and Taste Delivered by Food Health Team
<b>Wednesday</b> 14 <sup>th</sup> Sept 2011	9-30am-11am	A celebration for all parents who have participated in Nurturing Programme over the past few years.
<b>Wednesday</b> 7 <sup>th</sup> Sept 2011 2 <sup>nd</sup> Nov 2011	9-30am-11am	Home Safety Workshops Please see Family Support Team for more details
<b>Wednesday</b> 19 <sup>th</sup> Oct 2011 7 <sup>th</sup> Dec 2011	9-30am	Bodyworks Weight Management Taster Sessions
28 <sup>th</sup> & 29 <sup>th</sup> Sept	12am-3pm	Health & Safety
21 <sup>st</sup> October	9am-1pm	First Aid
January 2012	Details soon	Food Hygiene
<b>To be Confirmed</b>	Delivered by Food Health Team	Introduction to Solids
<b>Please ask for detail</b>	Sessions taking place in Time4Tots & Little Berries	"Lets Get Cooking"



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