

January-March Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning session 1	<p>10.00 – 12.00 One to One Family Support (Online & face to face)</p> <p>10.00 – 12.00 One to One Advocacy and Support for Adults (Online & face to face)</p>	<p>10.00 – 12.00 One to One Family Support (Online & face to face)</p> <p>10.00 – 12.00 One to One Advocacy and Support for Adults (Online & face to face)</p>	<p>10.00 – 12.00 One to One Family Support (Online & face to face)</p> <p>10.00 – 12.00 One to One Advocacy and Support for Adults (Online & face to face)</p>	<p>10.00 – 12.00 One to One Family Support (Online & face to face)</p> <p>10.00 – 12.00 One to One Advocacy and Support for Adults (Online & face to face)</p>	<p>10.00 – 12.00 One to One Family Support (Online & face to face)</p> <p>10.00 – 12.00 One to One Advocacy and Support for Adults (Online & face to face)</p>
Morning session 2		<p>10.00 – 11.00 Mindful Parenting (Zoom)</p> <p>10.30 – 11.30 Prep for Preschool Weekly Activity (Zoom)</p>	<p>10:30-11:30 Parent & Baby Support</p>	<p>10.00 – 11.30 Adult English Class (Zoom)</p> <p>10.00 – 11.30 Circle of Security Parenting Course (Zoom)</p>	<p>10.00 – 11.00 Creative Mindfulness (for parents / carers to use with children at home) (Zoom)</p>
Morning session 3	<p>11.30 – 12.30 Prep for Preschool & Parent & Child Large Group Time (Zoom)</p>			<p>11.30 – 12.30 Prep for Preschool & Parent & Child Large Group Time (Zoom)</p>	
Afternoon Session 1	<p>14.00 – 17.00 Adult counselling & Play Therapy (Online & face to face)</p>	<p>14.00 – 17.00 Adult counselling & Play Therapy (Online & face to face)</p>	<p>14.00 – 17.00 Adult counselling & Play Therapy (Online & face to face)</p>	<p>14.00 – 17.00 Adult counselling & Play Therapy (Online & face to face)</p>	
Afternoon session 2	<p>14.30 – 15.30 Mindfulness in the Local Primary schools</p> <p>15.00 – 16.00 Afterschool (Zoom) 3 ½ - 6 years</p>	<p>14.30 – 15.30 Mindfulness in the Local Primary schools</p>		<p>15.00 – 16.00 Afterschool (Zoom) 3 ½ - 6 years</p>	