

| DAY | Morning | Afternoon | Evening |
|-----------|---|---|---|
| Monday | 9-12am – Healthy Start Vitamin Collection - pre booked slots call 01257 516316 10-11am Baby Massage (in centre) start dates TBC | 1-2.30pm Group Triple P – 2-12yrs <ul style="list-style-type: none"> Jan 4th '21 – 29th Mar '21 4-5pm Nurture Course <ul style="list-style-type: none"> 5-7yrs (KS1) 4-5yrs (starts 16Nov) 7-11yrs (KS2) 4-5pm (starts 11 Jan '21) | 7-8pm - Chorley Parents To Be Antenatal Course <ul style="list-style-type: none"> 2 week course (monthly) 6-8.30 – Detached Youth Work (ongoing) |
| Tuesday | 10.30 – 12:00 FREEDOM (in centre) 10-11:30 Triple P Teens <ul style="list-style-type: none"> 12/01/2021 – 30/03/2021 | 12.30-2pm Triple P Stepping Stones (SEND 2-12yrs.) <ul style="list-style-type: none"> 19 Jan – 23 Mar '21 | 7 - 8.30pm FREEDOM <ul style="list-style-type: none"> 1 Sept – 17 Nov '20 (in progress) 24 Nov – 14 Feb '21 |
| Wednesday | | 4-5pm Freedom for Children (In Centre) <ul style="list-style-type: none"> 8-10 Yrs. Starts 4th Dec '20 4-7 Yrs. starts 20th Jan '21 | 6.30-8pm Triple P 2-12yrs <ul style="list-style-type: none"> 04 Nov – 27 Jan (in progress) Next dates TBC – Waiting list open 6.30-7.30pm – Youth Council (ongoing) |
| Thursday | 10.30-11.30 Horizons <ul style="list-style-type: none"> 19th Nov – 17th Dec Jan '21 TBC | 2pm-2.40pm Chat, Play, Read – Sing-along-a-Storytime Ongoing | 6pm-7pm AIMS 12-15yrs Youth Project <ul style="list-style-type: none"> 5 Nov – 10 Dec '20 7 Jan – 11 Feb '21 |
| Friday | 10-11am -Baby & Me Ongoing | | |

Please see the page 2 for a short description of our courses.

Our Programme of courses is forever evolving and will be updated and redistributed as we develop and schedule new sessions.

All sessions are delivered virtually over the Zoom platform unless stated **(in centre)**

Please note that all of our sessions have a waiting list available

To refer onto any of our courses please call us on 01257 516316 or 01257 516466

Triple P stands for Triple P Parenting Programme, it doesn't tell you how to parent, it teaches you how to parent without the drama. How to manage behaviour in your household makes for a happier home. You choose the strategies that will work with your family, together with the facilitators you will tweak them to fit with you. The courses are split into different categories so that the course is relevant to all participants. We are compiling waiting lists for all of these sessions, even if they are yet to be scheduled into our delivery plan.

Group Triple P is for families with children 2-12 yrs.

Triple P Teens is for families with children 12-16 yrs.

Triple P Stepping Stones for families with Children aged 2-12 who have a SEND

Triple P Family Transitions – For parents who have recently separated and are struggling with effective communication with their ex-partner.

Nurture – Our sessions work directly with children in KS1 and KS2 to develop their emotional literacy. For children who struggle to manage their emotions, whether that be their temper, feeling sad, angry, or low. This course will help them to understand their emotions and how their behaviour can impact those around them. It will teach them to recognise these emotions and then develop coping strategies to manage them when they need to.

AIMS – Aims, Involvement, Motivation, and Strength. This course is for Teenagers of high school age who might be struggling with their self-confidence, anxiety, feeling overwhelmed or low mood. This course will improve their overall wellbeing. Our staff will help them to develop strategies and support networks to stop them feeling like they do.

FREEDOM PROGRAMME - A supportive course for women, to increase their self-confidence, to feel empowered and make positive changes in their lives and relationships. Our groups delivered via Zoom in the main, will provide a safe space for women to come together to share experiences, learn about keeping safe, how relationships impact on children and promoting positive wellbeing.

FREEDOM for Children – A small in centre course for children of parents who have attended The Freedom Programme. This course allows the child to build the confidence to open up and talk about their feelings and worries using play therapy.

Horizons - A virtual course for parents who might be feeling low or anxious and don't value their own time and wellbeing. This course highlights to them that how they feel, impacts their overall life and family. Through holistic methods we learn different techniques to try and improve ourselves, with the hope that they will carry these techniques forward into everyday life.

Baby & Me – A group for parents of babies under 1yr. These sessions are fun and interactive, with lots of singing and ideas to encourage development in the early months. We are also there for support and advice when parents just need to talk.

Sing-along-a-Story-Time. (Chat Play Read) – A great opportunity to engage your under 5 into songs and rhymes set around a weekly story. Very interactive and fun for both parent and child.

Baby Massage – To start soon, instructors to demonstrate massage techniques to assist with parent and baby bonding and building relationships.