**FREE SUPPORT for parents, carers and families**

**Hayle, St Ives and Penzance**

**Course Programme – January 2020**

**Bump to Baby – antenatal classes**

**Please call 01736 759058 for information and booking**

**Hayle Family Hub, TR27 4ND**

Thursday 5th – 19th March, 9.30am-12pm

**St John’s Hall, Alverton St, Penzance TR18 2QR**

Tuesday 21st January – 4th February, 2-4.30pm

**WILD – Young Parents Project**

**The Lescudjack Centre, TR18 3PE**

Thursdays – 10am-12pm

**Call Becky for information – 07795 034864**

**OASIS – Face 2 Face - for families who have children with additional needs (*drop in sessions*)**

**The Lescudjack Centre, TR18 3PE**

Face2Face Support group (drop in)

Monday – 6th January, 3rd February, 2nd March,

1-2.30pm

**Passionate about the Spectrum**

**St Clare Medical Centre, Penzance, TR18 3DX**

Thursday 9th January – 13th February

9.30am-12pm

**Hayle Family Hub, TR27 4ND**

Tuesday 4th February – 17th March (not half term)

5.30–8pm

**Being Passionate about Parenting**

Dates and venues to be confirmed

For more information, please call Mel Berryman on 01736 759058

**Incredible Years 3-5 years**

**The Lescudjack Centre, TR18 3PE**

Friday 10th January – 3rd April (not half term)

9.30 – 11.30am

**Incredible Years 1-3 years**

**Hayle Family Hub, TR27 4ND**

Thursday 16th January – 26th March (not half term)

9.30 –11.30am

**Incredible Years 6-11 years**

**Hayle Family Hub, TR27 4ND**

Monday 13th January – 27th April (not half term)

9.30-11.30am

**Take 3**

**Hayle Family Hub, TR27 4ND**

Monday 13th January – 23rd March (not half term)

9.30-11.30am

**Living with Parents**

**Hayle Youth Project, TR27 4AR**

Friday 16th April 10am-3pm

**Behaviours that Challenge Support Group**

**St John’s Hall, Alverton St, Penzance TR18 2QR**

Tuesday 21st January, 10th March,

10am-12pm

**Ready, Steady… Eat! An introduction to solid food**

**To book ring 01209 615600**

**Healthyunder5s@cornwall.gov.uk**

**Penzance Family Hub, TR18 2QP**

Tuesday 21st January, 11th, February, 10th March

10-11.30am

**Hayle Family Hub, TR27 4ND**

Monday 6th January, 3rd February, 2nd March

1.30-3pm

**Passionate about ADHD**

**Hayle Family Hub, TR27 4ND**

Wednesday 22nd January - 4th March (not half term)

9.30am-12pm

**For more information, please contact**

**Myra Whitney 07800 610601**

**Parenting Team 01736 759058**

**To request a place, visit:** [**www.supportincornwall.org.uk**](http://www.supportincornwall.org.uk)

Click on **’Request for Help’,** then on the Request for Help Form on the right. Complete, save & email to: **earlyhelphub@cornwall.gov.uk**

**Time Out for ASD**

**Hayle Family Hub, TR27 4ND**

Tue 29th Jan – 12th Mar 6-8.30pm (not half term)