A screenshot of a calendar

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**Sept – Dec 2023 – drop in available every day for Vitamins, Advice & Guidance**

**September 2023**

**10:00am-12:00pm**

**VIG (Video Interactive Guidance)**

**REFERRAL ONLY**

**1:00pm–2:30pm**

**Flow Fitness**

For 0-5 year olds

Starting 30/10/23 for 6 weeks

**BOOKING ONLY**

**1:00pm–2:30pm**

**Change, Grow, Live**

Coffee afternoons for adults & young people with substance misuse concerns. Starts 25th September

**DROP IN**

**10:30am – 1:30pm**

**Riding the Rapids Teen**

10 -week parenting course for parents of young people with an Autism Spectrum diagnosis or other complex needs. Starts 29th September

**REFERRAL ONLY**

**1:00pm–2:15pm**

**Stay & Play**

suitable from birth to 4 years. Starts 11th Sept. Creative play, messy play, crafts and lots of fun!

Starting 15/09/23

**DROP IN**

**Smoke Free Pregnancy**

**Appointment Only**

**12.00pm - 4.00pm**

**12:30pm–3:00pm**

**Portage Stay & Play**

From birth to 5 years

Monthly – dates ?????

**Closed group.**

**12:00pm–2:30pm**

**Cancer support group**

**Referral Only**

**3:00pm–5:00pm**

**IPT-A 121 sessions**

Mental Health Support

**Appointment only.**

**Morning/Afternoons**

Some bookable room spaces – please email [MarieClarke.FWC@sefton.gov.uk](mailto:MarieClarke.FWC@sefton.gov.uk) to enquire.

**9:30am–11:30am**

**Active Sefton Henry Healthy Family Programme**

For parents and children aged 0-5

Date TBC

**BOOKING ONLY**

**10:30am–12:30pm**

**Ace Recovery Programme Adults**

Starting 12/10/23

**REFERRAL ONLY**

**Morning/Afternoons**

Some bookable room spaces – please email [MarieClarke.FWC@sefton.gov.uk](mailto:MarieClarke.FWC@sefton.gov.uk) to enquire.

**9:30am–11:30am**

**Chattertime**

a playgroup to help develop speech and language skills. Ages 18 months to 4 years.

Starts 26th September

**REFERRAL ONLY**

**9:30am–11:30am**

**Triple P Primary**,

a 6 -week parenting course for primary ages, starts 26th September

**BOOKING ONLY**

**Morning/Afternoons**

Some bookable room spaces – please email [MarieClarke.FWC@sefton.gov.uk](mailto:MarieClarke.FWC@sefton.gov.uk) to enquire.

**Seaforth Family Wellbeing Centre**

Caradoc Road, Seaforth, L21 4NB

**Tel:** 0151 286 7807

**Email:** [MarieClarke.FWC@sefton.gov.uk](mailto:MarieClarke.FWC@sefton.gov.uk)

**FOR MORE INFORMATION ABOUT OUR PROGRAMMES – PLEASE SEE REVERSE**

A screenshot of a calendar

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**Sept – Dec 2023 – drop in available every day for Vitamins, Advice & Guidance**

**September 2023**

**9:30am-11:30am**

**Sefton Parent Carer Forum**

Drop-in sessions for parents/carers providing advice, guidance & support. Come and have a chat with us and with other families.

**Starting 22nd September**

**12:30pm-2.30pm**

**Sefton Parent Carer Forum**

Drop-in sessions for parents/carers providing advice, guidance & support. Come and have

a chat with us and with other families.

**Starting 22nd**

**September**

**Smoke Free Pregnancy**

**Appointment Only**

**12.00pm - 4.00pm**

**Morning**

**ACE recovery PCN female**

Creche available **Referral Only.**

**Afternoon**

**ACE recovery PCN Male**

Creche available.

**Referral Only.**

**Morning/Afternoons**

Some bookable room spaces – please email [MarieClarke.FWC@sefton.gov.uk](mailto:MarieClarke.FWC@sefton.gov.uk) to enquire.

**Morning**

**ACE recovery PCN female**

Creche available **Referral Only.**

**Afternoon**

**ACE recovery PCN Male**

Creche available.

**Referral Only.**

**9:30am-11:30am**

**Sefton Parent Carer Forum**

Drop-in sessions for parents/carers providing advice, guidance & support. Come and have a chat with us and with other families.

**Starting 20th September**

**12:30pm-2.30pm**

**Sefton Parent Carer Forum**

Drop-in sessions for parents/carers providing advice, guidance & support. Come and have a chat with us and with other families.

**Starting 20th September**

**9:30am-11:30am**

**Sefton Parent Carer Forum**

Drop-in sessions for parents/carers providing advice, guidance & support. Come and have a chat with us and with other families.

**Starting 18th September**

**12:30pm-2.30pm**

**Sefton Parent Carer Forum**

Drop-in sessions for parents/carers providing advice, guidance & support. Come and have a chat with us and with other families.

**Starting 18th September**

**Morning/Afternoons**

Some bookable room spaces – please email [MarieClarke.FWC@sefton.gov.uk](mailto:MarieClarke.FWC@sefton.gov.uk) to enquire.

**Morning**

**ACE recovery PCN Male**

Creche available.

**Referral Only.**

**Afternoon**

**ACE recovery PCN female**

Creche available **Referral Only.**

**Morning/Afternoons**

Some bookable room spaces – please email [MarieClarke.FWC@sefton.gov.uk](mailto:MarieClarke.FWC@sefton.gov.uk) to enquire.

**Cambridge Family Wellbeing Centre**

Cambridge road

Bootle

L20 9LQ

**Tel:** 0151 282 5436

**Email:** [MarieClarke.FWC@sefton.gov.uk](mailto:MarieClarke.FWC@sefton.gov.uk)

**FOR MORE INFORMATION ABOUT OUR PROGRAMMES – PLEASE SEE REVERSE**