



Free activities for parents, caregivers and children up to their fourth birthday

# Hyson Green and Arboretum Group Timetable 2024

All sessions are FREE! Please pre-book your place

## Weekly groups

### MONDAYS

#### Story & Rhyme Time

10am-11am

Mary Potter Centre

### TUESDAYS

#### Cook & Play

11am-12.30pm

No booking required

The Bridge Centre

#### Small Steps to Your English (ESOL Course)

Learn English for free!  
8- week course for parents with babies and toddlers under four.

Booking required  
Children welcome

### THURSDAYS

#### Baby Massage

1pm-2pm

Booking Required

#### Small Steps to Your English (ESOL course)

Learn English for free!  
8- week course for parents with babies and toddlers under four.

Booking required  
Children welcome



## Regular family activities for parents & caregivers



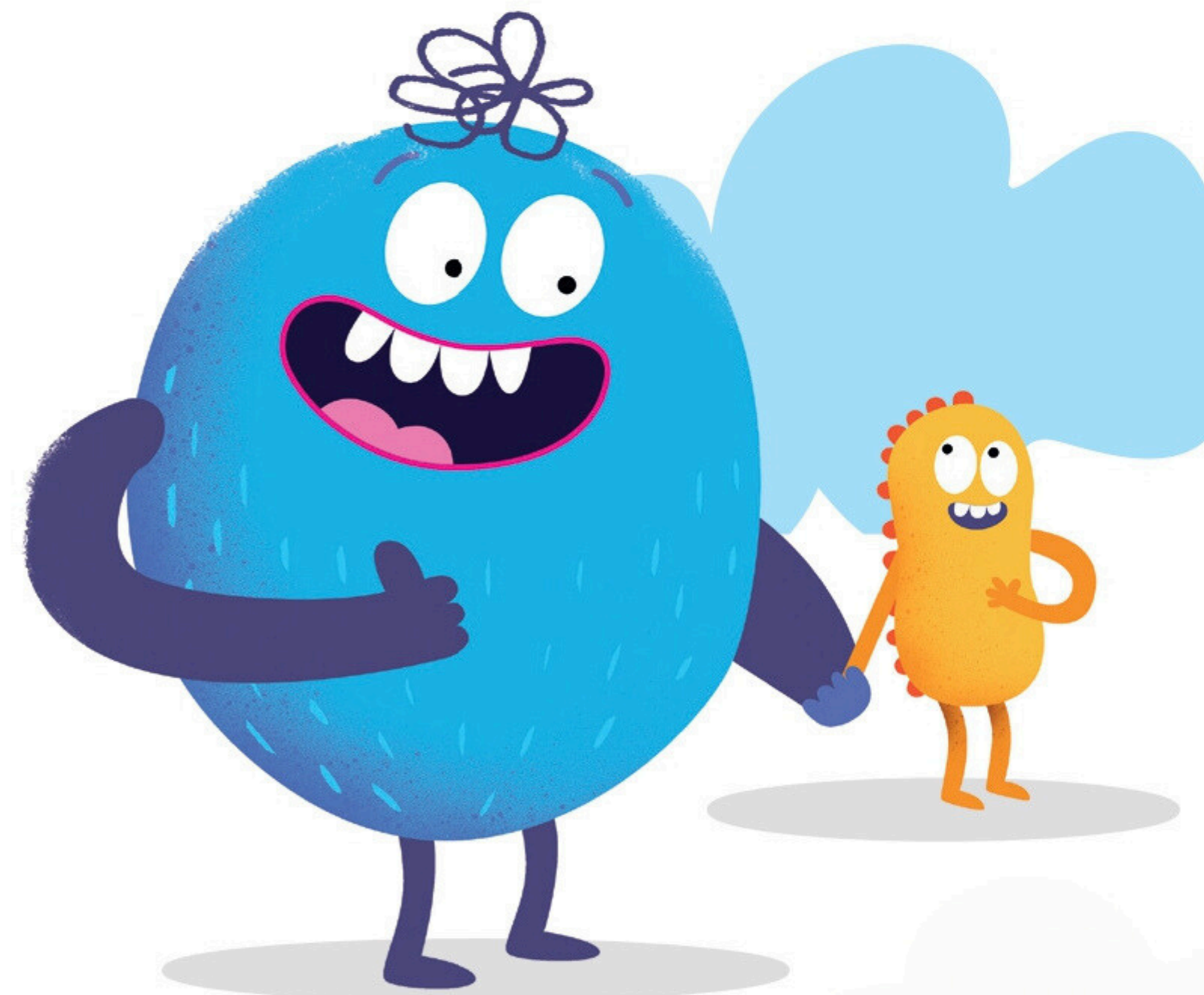
For dates, times and booking:

07814 938295 / [groups@frameworkha.org](mailto:groups@frameworkha.org)

### Triple P Discussion Groups

Get practical advice for tackling behaviours. Such as:

- Hassle-free mealtimes
- Bedtime routines
- Managing fighting and more!



### Around Again

- Donate baby equipment, toys and clothes
- Collect items you need
- The cycle starts again
- Around Again

Book to visit here:

[bit.ly/AroundAgain](https://bit.ly/AroundAgain)

