

PARENTING PROGRAMME

April - August 2017

FREE COURSES & SUPPORT for PARENTS, CARERS & FAMILIES

For further information call Sue Skillings, Parent & Adult Education Lead on 01736 759058 or 07973 813 739

Antenatal Classes - Bump to Baby

The Shekinah Centre, Taroveor Road,
Penzance. TR18 2AA

Weds 12th April – 26th April 2pm – 4.30pm

Mon 19th June – 3rd July 2pm – 4.30pm and at

St Just Children's Centre. TR19 7JX

Weds 17th May – 31st May 1pm – 3.30pm

Weds 19th July – 2nd Aug 3pm – 5.30pm

To book these courses ring 01209 615602

Hayle Children's Centre. TR27 4ND

Thurs 8th June – 22nd June 9.30am – 12.00

Thurs 3rd Aug – 17th Aug 9.30am – 12.00 and at

St. Ives Children's Centre. TR26 1DJ

Tues 2nd May – 16th May 3.30pm – 6pm

Tues 4th July – 18th July 3.30pm – 6pm

To book these courses ring 01736 759058

Challenging Behaviours Peer Support Group

St. Johns Hall, Penzance. TR18 2QZ

Monthly drop-in usually with a Speaker: advice, support & information for Parents and Carers worried about ADHD, ADD & ASD.

No diagnosis required.

Room 3.03 Tues 25th April 9.30am – 1.30am

Room 3.02 Tues 30th May 9.30am – 11.30am

Room 3.02 Tues 27th June 1.30pm – 3.00pm

Room 3.03 Tues 25th July 9.30am – 11.30am

* TIME OUT: For Parents of Children with ASD

Hayle School

In Student Services. TR27 4DN

Tues 2nd May – 11th July

10.00am – 12.00 noon

* Incredible Years 3 - 12 years

Hayle Children's Centre

Beach Hut. TR27 4ND

Tues 18th April – 27th June

9.30am – 11.30am

* TAKE 3: Coping with Teenagers

Community Room 2, St John's Hall,

Penzance. TR18 2QZ

Mon 8th May – 17th July

9.30am – 11.30am

* Living with Parents Workshop

Redruth Youth Centre,

Tolgus Vean, Redruth. TR15 1TA

Friday 31st March

10.00am – 3.00pm

* Living with Parents Workshop

Hayle Children's Centre. TR27 4ND

Friday 12th May

10.00am – 3.00pm

For Babies and Toddlers

* Incredible Years Baby (0 - 12 months) Hayle Children's Centre Tues 6th June - 11th July 1.00pm - 3.00pm

* Incredible Years Toddler (12 - 36 months) Elliot Hut, Lescudjack Thurs 3rd May - 29th June 1.00pm - 3.00pm.

Ready Steady Eat: Weaning sessions with our Health Visitors for parents of babies over 4 months.

Hayle Children's Centre Mon 2pm on May 22nd, June, 26th, July 24th, Aug 4th

St Ives Community Clinic Weds 10.30am on May 10th, June 14th, July 12th, Aug 9th. To book ring 01736 754374

Also at Marazion Community Centre, Tues 11am on May 23rd, June 27th, July 25th, Aug 15th

Bellair Health Centre, Penzance Thurs 1.15pm on May 11th, June 8th, July 13th and Aug 10th

St Just Children's Centre on Weds 1.30pm June 7th, July 12th, Aug 23rd. To book ring 01736 571103

Ready Steady Safe: Safety advice for parents of babies from 6-18 months. Hayle Children's Centre Tues April 18th

1.30pm – 2.30pm Tel: 01736 759058. The Elliot Hut, Lescudjack Thurs 6th July 1.30pm – 2.30pm Tel: 01209 615602

* For details and a request form for courses without a phone number contact The Early Help Hub on 0300 1231 116

Email: earlyhelphub@cornwall.gov.uk www.cornwall.gov.uk/earlyhelphub

Course details can also be found online at: www.cornwallfisdirectory.org.uk Tel: 0800 587 8191

You can also get information and course request forms from your local Children's Centre.