

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----|---|---|--|---|--|
| AM | <p>Baby Massage 11.30am-1.00pm By invitation</p> | <p>Drop In Clinic Weigh & advice with the 0-19 Health Team 9.15-11.30am (monthly, see link for dates) https://childrenshealthsurrey.nhs.uk/service-venues/hurst-green-infant-school Open to all</p> <p>ASQs Developmental Checks with the Health 0-19 Team By invitation</p> <p>Introducing Family Foods 0-19 Health Team By invitation</p> | <p>Parenting Programmes Face to face and online options for:</p> <p>Parenting Puzzle (4 week and 10 week courses)</p> <p>Talking Teens (4 weeks)</p> <p>Who's in Charge (9 weeks) By invitation</p> | <p>Time To Nurture Parents/carers with 0-2 year olds 10.00-11.30am By invitation</p> | <p>Early Communication Dates and time tbc By invitation</p> |
| PM | | <p>Bump & Beyond Antenatal group with the Health 0-19 Team By invitation</p> | <p>Managing Emotions 6 week programme 3.45-4.30pm By invitation</p> | <p>Rainbow Group Parents/carers with 0-5 year olds with additional needs 1.00-2.30pm By invitation</p> | |