

All sessions are free to attend

Dulwich Wood Children and Family Centre Lyal Avenue, London SE21 8QS					Crawford Children and Family Centre Crawford Road, Camberwell SE5 9NF				
<b>Monday</b> 9:45am - 11:15am <b>Baby Group</b> (0 - 18 months)  1:30pm - 3:00pm <b>Stay and Play</b> (0 - 5 years)	<b>Tuesday</b> 10:00am - 11:30am <b>Book Start</b> (0 - 5 years)  1:00pm - 2:00pm <b>Move &amp; Groove</b> (0 - 5 years) <i>*Takes place at Kingswood Arts</i>	<b>Wednesday</b> 10:00am - 11:30am <b>Chattertime Plus</b> (2 - 5 years)	<b>Thursday</b> 10:00am - 11:30am <b>Toddler time &amp; Early Words Together</b> (2 - 5 years)  10:30am - 11:30am <b>Story Tots and Plant Pots</b> (0 - 5 years) <i>*Takes place at Kingswood Arts</i>  1:30pm - 3:00pm <b>Sensational Play</b> (0 - 5 years)	<b>Friday</b> 11:45am - 1:15pm <b>Young Parents Connect (For Mums up to 25 years old)</b> <i>*Booking Required</i>  10:30am - 11:30am <b>Baby Massage</b> (0 - 10 months/ Pre-Crawlers) <i>*Booking is Required Starting 23<sup>rd</sup> Feb</i>  10:30am-11:30am <b>Baby and Toddler at the Library</b> (0 - 5 years) <i>*Starting 1<sup>st</sup> March</i>	<b>Monday</b> 2:00pm - 3:00pm <b>Move &amp; Groove</b> (0 - 5 years)	<b>Tuesday</b> 10:00am - 11:30am <b>Book Start</b> (0 - 5 years) <i>*Takes place at Camberwell Library</i>  10:00am - 12:00pm <b>Breastfeeding Café</b> <i>*Drop In - last arrival at 11:30am</i>  1:00pm - 3:00pm <b>ESOL</b> <i>*Term Time Only</i>	<b>Wednesday</b> 10:00am - 12pm <b>EPEC - Being a Parent</b> <i>*Referrals Only</i>  1:30pm - 3:00pm <b>Baby Group</b> (0 - 18 months)  1:30pm - 2:30pm <b>Baby Massage</b> (0 - 10 months/ Pre-Crawlers) <i>*Booking Required Starting 21<sup>st</sup> Feb</i>	<b>Thursday</b> 10:00am - 12pm <b>Health Visitor</b> (0 - 2 years) <i>*Drop In - last arrival at 11:30am</i>  10:00am - 12pm <b>My Child &amp; Me</b> (0 - 5 years) <i>*Booking Required - Ends 7<sup>th</sup> March</i>  1:30pm - 3:00pm <b>Stay and Play</b> (0 - 5 years)	<b>Friday</b> 1:00pm - 2:30pm <b>Yoga for Parents Wellbeing</b> <i>*Referrals Only</i>
<b>Additional Sessions</b>		<b>Albrighton C&amp;F Centre</b> 37 Albrighton Road, London SE22 8AH			<b>The Grove Children and Family Centre</b> Tower Mill Road, London, SE15 6BP				
<b>Thursday 22<sup>nd</sup> &amp; Thursday 29<sup>th</sup> Feb 1:30pm - 3:00pm</b> <b>Henry (0 - 5 years)</b> <i>*Booking Required</i>  <b>Thursday 29<sup>th</sup> Feb 1:30pm - 2:30pm</b> <b>Story Time at the Gallery (0 - 5 years)</b> <i>*Takes place at Dulwich Picture Gallery</i>		<b>Wednesday</b> 10:00am - 11:30am <b>Stay and Play</b> (0 - 5 years)  1:00pm - 2:15pm <b>Chattertime</b> (2 - 5 years)	<b>Friday</b> 10:00am - 11:30am <b>Book Start</b> (0 - 5 years)	<b>Monday</b> 10:00am - 11:30am <b>Stay and Play</b> (0 - 5 years)  1:00pm - 2:30pm <b>Stay and Play &amp; Early Words Together</b> (2 - 5 years)	<b>Tuesday</b> 10:00am - 11:30am <b>Stay and Play</b> (0 - 5 years)  1:00pm-2:30pm <b>Sensational Play</b> (0 - 5 years)	<b>Friday</b> 10:00am - 11:00am <b>Move and Groove</b> (0 - 5 years)			

Find Out more!

 <a href="https://50thingstodo.org/">https://50thingstodo.org/</a>	 Live in Southwark and have a child under 5 register for a monthly free book till their 5 <sup>th</sup> birthday: <a href="#">Imaginationlibrary</a>	 We can provide you with Foodbank vouchers	 Rose Voucher Collection days are Monday & Wednesday from 9am-12pm & 1pm-3pm at Our Crawford Centre.	<b>Free Soft Play and Sensory rooms</b> Come along to our sessions at The Grove to enjoy our soft play and sensory rooms.	
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Facebook: [@CamberwellandDulwichcfc](#)  
Web: <https://www.dulwichwood.com/aardvarkcc/>

Twitter: [@C D cfc](#)  
Email: [cdcfcoffices@dulwichwood.com](mailto:cdcfcoffices@dulwichwood.com)

Instagram: [c d cfc](#)  
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Session description on back.

## About the Sessions.

### **Baby Group:**

Play singing and sensory activities to stimulate your baby.

### **Stay and play:**

Come and play and get tips and ideas for learning through play.

### **Baby Massage:**

A 5-week massage course for parents and babies. Towels and Oil are required for this session.

### **Bookstart:**

Activities supporting literacy using puppets and props to make story time fun and engaging.

### **Chattertime Plus:**

A stay and play group tailored to support children with complex communication needs who have difficulties in several areas of communication, such as attention, social interaction, behaviour, understanding language and talking.

### **SENsational Play:**

Come and Play and get weekly tips and ideas for learning through play for children with additional needs.

### **ChatterTime:**

A Stay and Play group to help support your child's Speech and Language.

### **Move and Groove:**

Come play and get tips and ideas for learning through play at our structured music and singing sessions with instruments and props.

### **Stay and Play / Toddlertime & Early**

#### **Words Together:**

Come and play and get tips & ideas for learning through play and build up your confidence in supporting your children's communication, language and Literacy skills.

### **Breastfeeding Café:**

Drop in for advice and support for any of your breastfeeding concerns.

### **Henry:**

Come and get support to help you make positive lifestyle change and create a healthier environment for you and your little one.

### **Young Parents Connect For mums up to 25:**

Get advice and information, chat make friends in a safe, supportive and fun space for you and baby. With creative activities for your little ones

### **Yoga for Parents Well-Being:**

A 8-week group where you can learn the tools to manage stressful and challenging emotions.

### **My Child and Me:**

A 7-week Program supporting parents understanding developmental and mental health issues in young children.

### **Storytime at the Gallery:**

Spark your child's imagination through playful painting that stimulates your child's development and curiosity.

### **ESOL:**

Develop your English language skills and get a recognized ESOL qualification. For parents with children aged 0-5 years. A Creche is provided.

### **EPEC Being a Parent:**

A 9-week course to help parents to learn practical skill for everyday life.  
Story tots and Plant pots:  
Activities supporting literacy using puppets and props to make story time fun and engaging.