

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				
Monday 9:45am - 11:15am Baby Group (0 - 18 months) 1:30pm - 3:00pm Stay and Play (0 - 5 years)	Tuesday 10:00am - 11:30am Book Start (0 - 5 years) 2:00pm - 3:00pm Healthy Movers (18 Months - 5 years) <i>*Kingswood Arts</i>	Wednesday 10:00am - 11:30am Chattertime Plus (2 - 5 years)	Thursday 10:00am - 11:30am ToddlerTime & Early Words Together (2 - 5 years) 10:30am - 11:30am Story Tots and Plant Pots (0 - 5 years) <i>*Kingswood Arts</i> 1:30pm - 3:00pm Sensational Play (0 - 5 years)	Friday 10:30am-11:30am Baby and Toddler at the Library (0 - 5 years)	Monday 10:00am - 12:00pm Henry Starting Solids (0 - 5 years) <i>*Booking Required Running on 10th June</i> 1:30pm - 2:30pm Stay and Play & Early Words Together (0 - 5 years)	Tuesday 10:00am - 11:30am Book Start (0 - 5 years) <i>*Camberwell Library</i> 10:00am - 12:00pm Breastfeeding Café <i>*last arrival at 11:30am</i> 10:00am - 12:00pm Henry Starting Solids (0 - 5 years) <i>*Booking Required Running on 9th July</i> 1:00pm - 3:00pm ESOL <i>*Term Time Only</i>	Wednesday 10:00am - 12pm EPEC - Being a Parent <i>*Referrals Only Ends 10th July</i> 1:30pm - 3:00pm Baby Group (0 - 18 months)	Thursday 10:00am - 12pm Health Visitor (0 - 2 years) <i>*Drop In - last arrival at 11:30am</i> 10:30am - 1pm Keeping Well Post Birth (0 - 6months) <i>*Referrals only Ends 4th July</i> 2:00pm-3:00pm Healthy Movers (18 Months - 5 years) <i>*Ruskin Park</i>	Friday 1:00pm - 2:30pm Yoga for Parents Wellbeing <i>*Referrals Only Ends 5th July</i>

Additional Sessions	Albrighton C&F Centre 37 Albrighton Road, London SE22 8AH	The Grove Children and Family Centre Tower Mill Road, London, SE15 6BP
Thursday 27th June: Story Time at the Gallery 1:30pm-2:30pm (0 - 5 years) <i>*Dulwich Picture Gallery</i>	Wednesday 10:00am - 11:30am Stay and Play (0 - 5 years) 1:00pm - 2:15pm Chattertime (2 - 5 years)	Monday 1:30pm - 3:00pm New Thrive (0 - 2 years)
	Friday 10:00am - 11:30am Book Start (0 - 5 years)	Tuesday 10:00am - 11:30am Stay and Play (0 - 5 years) 1:00pm-2:30pm SENSational Play (0 - 5 years)
		Friday 10:00am - 11:00am Move and Groove (0 - 5 years)

Find Out more!

<p>https://50thin.gstodo.org/</p>	<p>Rose Voucher Collection days are Monday & Wednesday from 9am-12pm & 1Pm-3Pm at Our Crawford</p>	<p>We can provide you with Foodbank vouchers</p>	<p>Live in Southwark and have a child under 5 register for a monthly free book till their 5th birthday: Imaginationlibrary</p>	<p>Free Soft Play and Sensory rooms</p> <p>Come along to our sessions At the Grove to enjoy our soft play and sensory rooms.</p>	<p>Meeting Points for Park Sessions</p> <p>Ruskin Park: On the grass by the bandstand</p>
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Instagram: [c_d_cfc](https://www.instagram.com/c_d_cfc)

Web: <https://www.dulwichwood.com/aardvarkcc/>

Email: cdcfcffices@dulwichwood.com

Phone: 020 7525 2017

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.

Keeping Well Post Birth:

A 10-week therapeutic early intervention programme for mother, with infants under 6 months, experiencing or at risk of post-natal mental health distress.

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.

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.

New Thrive: 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.

Healthy Movers:

Physical fun interaction to a lively story and familiar songs to get everyone moving.

Storytime at the Gallery:

Spark you 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.