





All sessions are free to attend

Dulwich Wood Children and Family Centre Lyall Avenue, London SE21 8QS					Crawford Children and Family Centre Crawford Road, Camberwell SE5 9NF							
Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday	Wednesday	Thursday	Friday			
9:30am-11am Baby Group (0-18 months) 11:15am-12:30pm ChatterTime (2-5 years) 1:30am-2.30pm Baby Massage (0-11Months) *Booking is Required 1:30pm-3pm Stay and Play (0-5 years)	10am-11:30am Bookstart (0-5 years) 1:30pm-3pm Baby Giggles and Wiggles (0-2 years)	11am-1pm Breastfeeding Outreach *Available in the local area for home visits	10am-11:30am ToddlerTime & Early Words Together (2-5 years) 1pm-2:30pm SENsational Play (0-5years)	10am-11am Move and Groove (0-5years) Saturday 1:30pm-3pm Baby Giggles & Wiggles (0-2years) *20 th Sept 11am-12:30pm Baby Giggles & Wiggles (0-2years) 11 th Oct	1:00pm-2:30pm Baby Sensory Group (0-18 months)	10am-11:30am Bookstart (0-5years) *Camberwell library 10am-12pm Breastfeeding Drop-in *last arrival at 11:30am 1pm-3pm ESOL *Term time only	10am-12pm EPEC *Referrals only starting 24 th September 1:30pm-3pm Stay and Play & Early Words Together (0-5years)	10am-12pm Health Visitor (0-2years) *last arrival at 11:30am 10am-11:30am Stay and Play (0-5years) 1:30pm-2:30pm Baby Massage (0-11Month) *Booking is Required	1pm-2:30pm Yoga for Parents Wellbeing *referrals only			
Additional Sessions			Albrighton C&F Centre 37 Albrighton Road, London SE22 8AH		The Grove Children and Family Centre Tower Mill Road, London, SE15 6BY							
Thursday 2 nd October: Starting Solids Workshop 1pm-3pm *Crawford Booking is Required			Wednesday 10am-11:30am Stay and Play (0-5years) 1pm-2pm Move and Groove (2-5years)		Monday 10am-11:30am Stay and Play (0-5years)							
Tuesday 21 st October: Starting Solids Workshop 10am-12pm *Dulwich Wood Booking is Required			Friday 10am-11:30am Bookstart (0-5years)									
Monday 13th October Parent Forum 11:30am-12pm *Based at Crawford												
Thursday 16th October - Parent Forum 11:30am-12pm *Based at Dulwich Wood												
Find Out more!												
<div><div></div><div>We can provide you with Foodbank</div><div></div><div>Rose Voucher Collection days are Monday from 9am-12pm & 1Pm-3pm & Thursday from 1pm-3pm at Our Crawford Centre.</div></div>			<div><div></div><div>Live in Southwark and have a child under 5 register for a monthly free book till their 5th birthday:</div><div>https://50thingstodo.org/</div><div></div></div>			<div><div>Family Support & Advice Session:</div><div>Book in a face-to-face or phone call appointment to get advice and support on any well-being queries you may have: email us at:</div><div>cdcfcoffices@dulwichwood.com</div></div>			<div><div>Facebook:@CamberwellandDulwichcfc</div><div>Twitter: @C_D_cfc</div><div>Instagram: cd_childrenfamilyhub</div><div>TikTok: cd_childrenfamilyhub</div><div>Web: https://www.dulwichwood.com/aardvarkcc/</div><div>Email: cdcfcoffices@dulwichwood.com</div><div>Phone: 020 7525 2017</div></div>			

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.

Bookstart:

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

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.

Baby Massage:

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

Session description on back.

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 Outreach:

Available in the local area for home visits for advice and support for any of your breastfeeding concerns.

Henry Starting Solids:

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

Yoga for Parents Well-Being:

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

EPEC:

A 9-week course to help parents to learn practical skills for everyday life.

Play Pavilion 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.

Baby Sensory Group:

Engage your baby with play, singing, and sensory activities that encourage exploration and stimulate their developing senses.