

Dulwich Wood Children and Family Centre Lyal 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)	10am-11:30am Bookstart (0-5 years)	12pm-2pm Breastfeeding Drop-in *last arrival at 1:30pm	10am-11:30am Nature & Nourish Stay and Play (0-5 years)	10am-11:30am Stay and Play (0-5years)	1:00pm-2:30pm Baby Sensory Group (0-18 months)	10am-11:30am Bookstart (0-5years) *Camberwell library	10am-12pm EPEC *Referrals only starting 14 ^h January	10am-12pm Health Visitor (0-2years) *last arrival at 11:30am	1pm-2:30pm Yoga for Parents Wellbeing *referrals only
11:15am-12:30pm ChatterTime (2-5 years)	1:30pm-3pm Stay & Play Early Words Together (0-5 years)		1pm-2:30pm SENsational Play (0-5years) *For children who have additional or SEN needs			10am-12pm Breastfeeding Drop-in *last arrival at 11:30am	1:30pm-3pm Stay and Play (0-5years)	10am-11:30am Toddler Time and Early Words Together (2-5years)	
				Saturday 12:00pm-1:30pm Stay and Play *31 st Jan				11am-12:30 Mindful Mums *Starting 26 th of Feb Booking required	
Rose Voucher Collection			Albrighton C&F Centre 37 Albrighton Road, London SE22 8AH		Additional Sessions				
Rose Voucher Collection days are - Tuesday at Dulwich Wood 10-12pm. -Wednesday at Albrighton 10-11:30pm -Thursday at Crawford 9:30 -12pm			Wednesday 10am-11:30am Stay and Play (0-5years)	Friday 10am-11:30am Bookstart (0-5years)	Parent Forum - Tuesday 27 th January: Parent Forum 10am-11:30am *Based at Dulwich wood Thursday 29 th January: Parent Forum 10am- 11:30am *Based at Crawford Starting Solids - Thursday 15 th January October: Starting Solids Workshop 1pm-3pm *Crawford Booking is Required Tuesday 10 th February: Starting Solids Workshop 10am-12pm *Dulwich Wood Booking is Required				
Find Out more!									
 We can provide you with Foodbank 			 Live in Southwark and have a child under 5 register for a monthly free book till their 5 th birthday: https://50thingstodo.org/ 		Family Support & Advice Session: 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: cdcfoffices@dulwichwood.com			Facebook:@CamberwellandDulwichcfc Twitter: @C_D_cfc Instagram: cd_childrenfamilyhub TikTok: cd_childrenfamilyhub Web: https://www.dulwichwood.com/aardvarkcc/ Email: cdcfoffices@dulwichwood.com Phone: 020 7525 2017	

Session description on back.

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.

Nature & Nourish:

Each session blends baby-focused soothing activities with parent wellbeing practices, creating a supportive, calm environment where both can thrive. The goal is to reduce stress, strengthen bonds, and build a sense of community.

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 Drop-In:

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

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.

Baby Sensory Group:

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

Parent Forum:

A welcoming space for parents and carers to share their views, ask questions, and help shape the services at our Children & Family Centres. Come along to have your say, connect with other parents, and work together with staff to support children and families in the community.

Mindful Mums:

Mindful Mums offers free wellbeing support for mums with babies aged 0-12 months. A relaxed, welcoming space to slow down, connect with others, and feel supported.