

Courses for Parents in the Local Area

new courses from January 2017

Course	Place	Dates	Time
Mindful Meditation Session	Café West Tel: 01274 488499	Mondays 12/09/2016 Ongoing	10am – 11am
Coffee Morning & Diva Workout <u>ALL Welcome</u>	Café West Tel: 01274 488499	Tuesdays	9am – 10.30am
Preparing to work in Adult Social Care Level 2 BTEC Certificate	Lower Grange Community Centre Chaffinch Road, Lower Grange Tel: 01274 880328	Tuesdays 7/03/2017 To 4/07/2017 Term Time Only	9.30am – 3.00pm
Skills For Work Job Club & Money Management	Kidz Klub at Café West Tel: 01274 360026	Tuesdays Coming in Autumn dates to be confirmed	10am – 12pm
Time Out for Parents Handling Anger Course	Ley Top Primary School Contact: Jacqui Tate Tel: 01274 541554 or Kidz Klub Tel: 01274 360026	Wednesdays 25/01/2017 to 15/02/2017	1pm – 3pm
Functional Maths Level 1 & Level 2	Lower Grange Community Centre Chaffinch Road, Lower Grange Tel: 01274 880328	Wednesdays 1/02/2017 Onwards Term Time Only	1pm – 3pm
Time Out for Parents School Kit Course	Ley Top Primary School	6 Week Course Dates & Times to be arranged	2 Hours
Me and My Family Cook and Eat - Parent & Child <i>(by invitation from school only)</i>	Kidz Klub at Café West Tel: 01274 360026 (Paid for by Ley Top Primary)	Wednesdays 6 week programme	3.30pm – 5pm
Family Healthy Cooking – Parent & Child <i>(By invitation from school or Café West only)</i>	Café West Tel: 01274 488499	Wednesdays 6 Week Programme	3.30pm – 4.45pm
Nurture Parenting Course <i>(Families with children under 5 years old only)</i>	Allerton Children's Centre Contact St Edmunds Children's Centre Tel: 01274 543282	Fridays 13/01/2017 to 17/03/2017	9.30am – 11.30am