

# LINAKER FAMILY WELLBEING CENTRE TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	9:30-11:00am International Families Group (Drop-in)	9:30 - 11:30am PHOENIX HEALING CIC Support Group (Referral only)  ACES Canning Road Church (Referral only start date tbc)	Information, advice, and guidance plus Healthy Start Vitamins	9:30 - 12:00 Stepping Stones (8-week course from 12/01/23 Referral only)	9:30am-12:00noon Well Baby Clinic (Appointment only) 9:30-11:30 Breastfeeding Support Group Drop-in (Both at Canning Road Church)  10:00-11:30am Learning Through Play (0-4 years drop-in)
PM	1:00 - 2:30pm Five to Thrive Stay & Play Book Start (0-4 years Drop-in)  3:30-5:00pm Relax Kids (Referral only)	Information, advice, and guidance plus Healthy Start Vitamins	12:30 - 2:30pm teen triple P (Starts 18/01/23 Referral only)  6:00-8:00pm teen triple P (Starts March 2023 Referral only)	1:00-3:00pm Triple P (Starts March 2023 Referral only)	12:30-3:00pm Mum's the Word group for Mums and their babies up to 1 year old (Referral only)

To book on any courses or for more information, please email [talbotSt.FWC@sefton.gov.uk](mailto:talbotSt.FWC@sefton.gov.uk)

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