

**Little Tree House Children's Centre**  
 Richmond Hall  
 High Road  
 Benfleet, Essex SS7 5HA  
 Tel: 01268 754472

"Hello, My name is Melissa and I am the Leader for Little Tree House Children's Centre in Benfleet.  
 Sessions are for children aged from Pre - birth to five years old unless otherwise stated"



**Opening Times: Monday to Friday 09:00 - 17:00**

	<b>Morning</b>	<b>Afternoon</b>
<b>Monday</b>	<b>10:00 - 12:00</b> Citizen Advice Bureau - Appointment only	<b>12:30 - 14:30</b> Bouncing Babies - Baby Group For children aged birth - 12 months  <b>15:30 - 16:30</b> Parent/Carer Advice Drop-In Let's see how we can support you!
<b>Tuesday</b>	<b>09:30 - 11:30</b> Stay and Play For children aged 3 - 5 years	<b>13:00 - 15:00</b> Toddler Time: Stay and Play for younger children For children aged 1 - 3 years
<b>Wednesday</b>	<b>10:00 - 11:00</b> Find Your Voice Supporting your child's Speech and Language For children aged 1 - 5 years Starts 4th January for 6 weeks  <b>10:00 - 12:00</b> DELTA Postnatal Group Starts 15th February for 6 weeks Invitation by Health Visitor	<b>13:00 - 14:00</b> Music and Movement Supporting your child's Physical Development For children aged 1 - 5 years Starts 15th February for 6 weeks  <b>13:00 - 14:30</b> Baby Massage Starts Wednesday 11th January for 5 weeks Please speak to your Centre Leader for booking process  <b>15:30 - 16:30</b> Once Upon a Story Time: Older siblings welcome
<b>Thursday</b>	<b>09:30 - 11:30</b> Family Lives Children's Behaviour Workshops Jotmans Hall Primary School Contact Centre for more details  <b>10:00 - 12:00</b> Breast Friends Café Come along and meet other breastfeeding mums while enjoying a cup of tea and a biscuit Advice and support available	<b>15:30 - 17:00</b> Mini Me: Young Parents (aged 13 to 21) Support Group
<b>Friday</b>	<b>09:30 - 11:30</b> Childminder Drop-in	

**All sessions are free of charge**