

Little Lions Children's Centre  
 Northwick Park School  
 Third Avenue, Canvey Island  
 Essex, SS8 9SU  
**Tel: 01268 683671**

**Opening Times: Monday to Friday 08:00 – 18:00**

<b>Monday</b>	<p><b>09:00 – 11:30</b>  <b>Baby Weighing Clinic</b>          Health Visitor available for advice</p> <p><b>10:00 – 11:30</b>  <b>Messy Play</b>          1<sup>st</sup> Monday of every month</p>	
<b>Tuesday</b>	<p><b>09:30 – 11:30</b>  <b>Family learning: Green Fingers Course</b>          Starts 1<sup>st</sup> May for 5 weeks          Booking required: please contact centre          Crèche available</p> <p><b>10:00 – 11:30</b>  <b>Baby Massage</b>  <b>Starts 19<sup>th</sup> June for 5 weeks</b>          Contact centre to book your place</p>	<p><b>13:00 – 15:00</b>  <b>Little Monkeys Young Parents Support Group</b>          In Association with Canvey Island Youth Project</p>
<b>Wednesday</b>	<p><b>09:00 – 11:30</b>  <b>Stay and Play</b>          For children aged from birth to 5 years</p> <p><b>10:30 – 11:30</b>  <b>Essex on Tour: Theatre Company</b>          16<sup>th</sup> May 2012</p>	<p><b>13:00 – 14:30</b>  <b>Baby group</b>          For children age from birth to 12 months</p>
<b>Thursday</b>	<p><b>08:00 – 09:30</b>  <b>Parents/Carers Advice Drop In</b>          Come and see how we can support you!</p> <p><b>10:00 – 12:00</b>  <b>Multiple Birth Support Group</b>          For families with twins, triplets and more</p>	<p><b>09:00 – 10:00</b>  <b>Parents Forum Cafe</b>          19<sup>th</sup> April / 17<sup>th</sup> May / 21<sup>st</sup> June</p> <p><b>13:00 – 15:00</b>  <b>Family Lives: Dealing with Tantrums</b>          Contact centre to book your place          Crèche available</p> <p><b>13:00 – 15:00</b>  <b>Family Lives</b>  <b>Understanding Children's Behaviour</b>          Booking Required          Crèche available</p>
<b>Friday</b>	<p><b>10:00 – 12:00</b>  <b>DELTA – Postnatal Group</b>  <b>Starts 4<sup>th</sup> May for 6 weeks</b>          Invitation from Health Visitor</p>	<p><b>13:00 – 17:00</b>  <b>Children's Occupational and Physiotherapy</b>          Referral Only</p>

**All sessions are free of charge unless otherwise stated**