

## January – March 2018

### FREE COURSES & SUPPORT for PARENTS, CARERS & FAMILIES

For further information please ring Sue Skillings, Parent & Adult Education Lead on  
**01736 759058 or 07973 813739**

#### Please call 01736 759058 to book Bump to Baby Antenatal Classes

**The Shekinah Centre**  
Taroveor Road, Penzance TR18 2AA  
Tues 30<sup>th</sup> Jan - 13<sup>th</sup> Feb 2.00pm - 4.30pm

**St Ives Children's Centre**  
Trenwith Burrows, TR26 1DJ  
Tues 20<sup>th</sup> Feb - 6<sup>th</sup> March 3.30pm - 6pm

**Hayle Children's Centre**  
Bodriggy Street, TR27 4ND  
Thurs 15<sup>th</sup> March - 29<sup>th</sup> March 9.30am - 12 noon

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#### Please call 01736 754374 to book Ready Steady Eat Weaning Sessions

Delivered by Health Visitors for  
parents of babies over 4 months.

**Hayle Children's Centre**  
Mondays, 2pm on 22<sup>nd</sup> Jan, 26<sup>th</sup> Feb, 26<sup>th</sup> March

**St Ives Community Clinic**  
Tues 10.30am on 9<sup>th</sup> Jan, 6<sup>th</sup> Feb, 6<sup>th</sup> March

**Marazion Community Centre**  
Tues at 11.15am on 30<sup>th</sup> Jan, 27<sup>th</sup> Feb, 27<sup>th</sup> March

**Bellair Health Centre**  
Thurs 1.15pm on 11<sup>th</sup> Jan, 8<sup>th</sup> Feb, 8<sup>th</sup> March

**St Just Children's Centre**  
Weds 1.30pm on 31<sup>st</sup> Jan, 28<sup>th</sup> Feb, 28<sup>th</sup> March

#### \* Please book with an Early Help Hub Request Form

\* **Incredible Years Baby (0 - 12 months)**  
**Penzance Children's Centre, Alverton St TR18 2QP**  
Mon 19<sup>th</sup> Feb - 26<sup>th</sup> March, 10.00am - 11.30am

\* **Incredible Years Toddler (12 - 36 months)**  
**Hayle Children's Centre**  
Weds 10<sup>th</sup> Jan - 28<sup>th</sup> March, 1.30pm - 3.00pm

\* **Incredible Years 3 - 6 years**  
**Hayle Children's Centre**  
Thurs 11<sup>th</sup> Jan - 29<sup>th</sup> March 10.00 - 12 noon

\* **TAKE 3: Parenting Teenagers aged 12 - 17**  
**Hayle School, High Lanes, TR27 4DN**  
Tues 16<sup>th</sup> Jan - 27<sup>th</sup> March 10am - 12 noon

\* **Passionate about ADHD**  
**Hayle Children's Centre**  
Weds 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup> March 9.30am - 2.30pm  
Please bring a packed lunch

\* **Time Out for ASD**  
**St John's Hall, Penzance TR18 2QZ, Room 3:02**  
Mon 15<sup>th</sup> Jan - 26<sup>th</sup> March 10am - 12 noon

\* **Living with Parents Workshop**  
**Hayle Children's Centre**  
Friday 26<sup>th</sup> Jan 10am - 3pm

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**Challenging Behaviours Peer Support Group**  
**St Johns Hall, Penzance, Room 3:03**  
Monthly support & information for Parents & Carers worried about ADHD, ADD & ASD. Often with a Speaker. No diagnosis required. Tues 30<sup>th</sup> Jan, 27<sup>th</sup> Feb & 27<sup>th</sup> March from 9.30am - 11.30am

\* For details and a request form for these courses please contact **The Early Help Hub on 01872 322277**  
**Email: [earlyhelphub@cornwall.gov.uk](mailto:earlyhelphub@cornwall.gov.uk) www.cornwall.gov.uk/earlyhelphub**  
Course details can also be found online at: [www.cornwallfisdirectory.org.uk](http://www.cornwallfisdirectory.org.uk) Tel: 0800 587 8191  
**You can also get information and course request forms from your local Children's Centre**