

ASHBY FAMILY HUB SESSIONS BY APPOINTMENT

MONDAY

MONDAY
SESSIONS
COMING
SOON



TUESDAY

Maternity Weight Management Times

10am - 1pm

A holistic maternal healthy weight programme
Invite Only

Held on
Tuesday 23 January
Tuesday 20 February
Tuesday 19 March



WEDNESDAY

Development Small Group

9am – 1pm

Booking required

Antenatal Workshop

Antenatal classes can help you to prepare for your baby's birth and give you confidence and information.

6 March, 13 March, 20 March and 27 March

Appointment only
via the Health Visitors

08000199951

THURSDAY

Time To Talk
Community Group
9am – 11am

Development Group
11am – 12.30

If you would like any more information please contact us or speak with a staff member.
Sessions held at Ashby Family Hub, unless stated otherwise.

FRIDAY

We Are With You
(Held on the second Friday of the month)
10am - 12

Concerned about yourself or a loved one's alcohol/drug use? Want to know what support is available locally?

for anyone interested in understanding what support is available

Drop In
For further enquiries contact 01724 857633



SCAN ME

