



# COMMUNITY VISION

## MARCH TIMETABLE

### HEALTH

**Monday**  
**6, 13**  
**& 27**

**Child Health Clinic**

13:30 - 16:00



**Every**  
**Thursday**

**Child Health**  
**Development Reviews**

09:00 - 11:00  
13:00 - 17:00



**Every**  
**Weds &**  
**Friday**

**Midwives Clinic**

09:30 - 16:30 **(Wed)**  
09:00 - 12:00 **(Fri)**



**Every**  
**Weds**

**Breastfeeding Support**

09:30 - 11:00

**Every**  
**Thursday**

**Young Parent Midwife**

09:30 - 14:30



**Every**  
**Weds**

**Perinatal Mental**  
**Health Clinic**

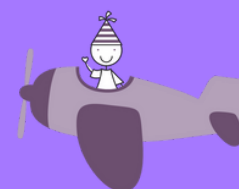
09:00 - 17:00



**Child Development Checks & Child**  
**Health Clinic are carried out by**  
**appointment with Bromley**  
**Healthcare**

**Call: 0300 330 5777**

**CALL: 020 8778 2970 OR EMAIL:**  
**COMMUNITYVISIONCFC@BROMLEY.GOV.UK**



**The Bromley Children Project**

Safer, more secure and happier families  
are at the heart of everything we do



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## MARCH TIMETABLE

### COURSES/GROUPS

**Every  
weekday**

**Sensory Room**

10:00 - 11:00

12:00 - 13:00/14:00 - 15:00



**Every  
Monday**

**Mind Mums Meet  
Up Group**

13:30 - 16:00



**Every  
Weds**

**After School Session**

15:15 - 16:30



**Friday  
3, 10,  
17 & 24**

**ESOL  
Language Course**

09:30 - 11:30



**Every  
Monday**

**Mindful Mums**

11:30 - 13:30



**Tuesday  
28**

**New Parent  
Support Group**

11:00 - 12:30



**Every  
Thursday**

**Family  
Mindfulness**

11:30 - 13:15



**Thursday  
2**

**Job Seeking  
Skills**

11:30 - 13:15



**Every  
weekday**

**Swap Session**

09:00 - 17:00



**Friday  
3, 10  
& 17**

**Helping Children  
Learn Through Play**

09:30 - 11:30



By appointment only  
with Health Visitors



Call centre to book



By invite only

Crèches are only available for  
activities marked with a '○'.

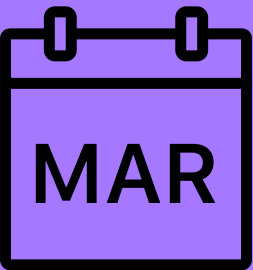
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# COMMUNITY VISION MARCH TIMETABLE

## LEARN & PLAY

**DROP-IN!**


### Music & Movement

 10:00 - 11:00


 11:30 - 12:30


### Creative

 11:30 - 12:30

 14:15 - 15:00

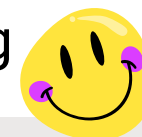
### Active

 10:00 - 11:00

 14:15 - 15:00

S	M	T	W	T	F	S
			1			4
5			8			11
12			15			18
19			22			25
26			29			

2 colours such as this:  
just means both  
sessions are running



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# MARCH TIMETABLE

## ONLINE COURSES

**Weds**

**1**

**Choices & Consequences**

10:00 - 11:30



**Thursday**

**9**

**Praise & Relationships**

10:30 - 11:30



**Tuesday**

**14**

**Sensory Issues**

10:00 - 11:30



**Tuesday**

**14**

**Anxiety**

12:45 - 14:15



**Weds**

**15**

**Communication**

10:00 - 11:30



**Friday**

**24**

**Meltdowns**

10:30 - 12:00



**Tuesday**

**28**

**What is ASC?**

10:30 - 12:00



**Weds**

**29**

**Boundaries**

10:00 - 11:30



**Thursday**

**30**

**Parenting Styles**

10:30 - 12:00



SCAN THE QR CODE TO SEE  
ALL OUR FREE PARENTING COURSES!



Please note these are our online courses & can be booked through our admin team using the number below.

FOR DETAILS AND TO REGISTER  
CALL: **020 8461 7259**



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# CENTRE UPDATE...

Happy Easter! Enjoy the holidays - please call or come to the centre to see what half term activities we have at Community Vision.

Coming soon...

We have a new and exciting cooking course starting in April:  
**Bulk Batch Cooking!**  
Find out how to save energy by cooking in bulk.  
Recipes suitable for beginners and experienced cooks.

**Community Vision Children & Family Centre**

Woodbine Grove, London SE20 8UX

Call: **020 8778 2970** or email: **[Communityvisioncfc@bromley.gov.uk](mailto:Communityvisioncfc@bromley.gov.uk)**