

COMMUNITY VISION

JANUARY TIMETABLE

HEALTH

**Every
Monday**

Child Health Clinic

13:30 - 16:00



**Every
Weds**

Breastfeeding Support

09:00 - 11:30

**Every
Tuesday
& Weds**

**Child Health Development
Reviews**

13:00 - 17:00 **(Tue)**
09:00 - 17:00 **(Wed)**



**Every
Weds &
Friday**

Midwives Clinic

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



**Every
Thursday**

**Child Health Development
Reviews**

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



**Every
Thursday**

Young Parent Midwife

09:30 - 14:30



**Every
Friday**

**Child Health Development
Reviews**

09:00 - 11:30
13:45 - 17:00



**Monday
16**

Physiotherapy

09:30 - 14:30



**Monday
16**

**Speech & Language
Therapy**

10:00 - 12:00

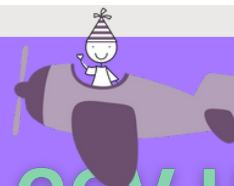


**Child Development Checks & Child
Health Clinic are carried out by
appointment with Bromley
Healthcare**

Call: 0300 330 5777

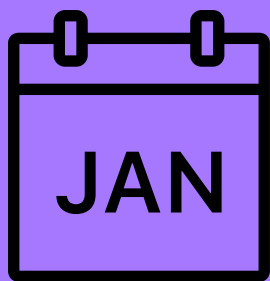
CALL: 020 8778 2970 OR EMAIL:

COMMUNITYVISIONCFC@BROMLEY.GOV.UK



The Bromley Children Project

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



COMMUNITY VISION

JANUARY 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 - 15:30



**Every
Weds**

After School Session

15:15 - 16:30



**Friday
13, 20
& 27**

ESOL

09:30 - 11:30



**Every
Monday**

Let's Play Sports

10:00 - 11:00



**Every
Thursday**

Culture Cooking

11:30 - 13:15



**Tuesday
10, 17,
24 & 31**

Baby Massage

10:00 - 11:30



**Thursday
19 &
26**

Job Seeking Skills

11:30 - 13:15



**By appointment only
with Health Visitors**



Call centre to book



By invite only

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

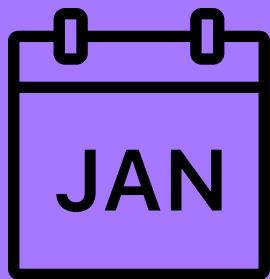
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COMMUNITY VISION JANUARY TIMETABLE

LEARN & PLAY

DROP-IN!


Music & Movement

 10:00 - 11:00


 11:30 - 12:30


Creative

 11:30 - 12:30


 14:15 - 15:00

Active

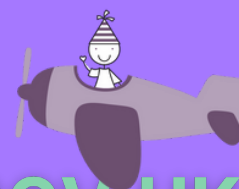
 10:00 - 11:00

 14:15 - 15:00

S	M	T	W	T	F	S
1	2		4			7
8			11			14
15			18			21
22			25			28
29						

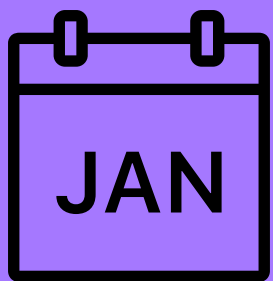
2 Colours such as this: 
just means both
sessions are running :)

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JANUARY TIMETABLE

ONLINE COURSES

Monday

9

What is ASC?

10:30 - 12:00



Tuesday

10

Communication

10:30 - 12:00



Thursday

12

Choices & Consequences

10:30 - 12:00



Friday

13

Parenting Styles

10:30 - 12:00



Tuesday

17

Boundaries

10:30 - 12:00



Weds

18

Bedtime

10:00 - 11:30



Thursday

19

Anxiety

10:30 - 12:00



Friday

20

Being A Nurturing Parent

10:00 - 11:30



Tuesday

24

Eating

10:00 - 11:30



Weds

25

Pathological Demand Avoidance

10:00 - 11:30



Friday

27

Praise & Relationships

10:00 - 11:30



Tuesday

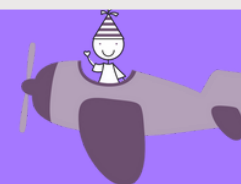
31

Meltdowns

10:30 - 12:00



FOR DETAILS AND TO REGISTER
CALL: 020 8461 7259



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CENTRE UPDATE...

Happy New Year! We look forward to seeing you in the centre! We have lots of courses coming up, so please do contact us if you would like to book.

What's On Next Month?

Love were you live 13th - 16th February (half term photographic course.)

Family mindfulness 23rd February - 30th March

Personal Development 24th February - 31st March

Community Vision Children & Family Centre

Woodbine Grove, London SE20 8UX

Call: **020 8778 2970** or email: **Communityvisioncfc@bromley.gov.uk**