

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Morning**

**9am - 5pm  
Family Advice & Guidance  
Drop-in**

**10am - 11:30am  
Little Explorers (0-3  
years)  
Drop-in**

**Draw & Talk  
1-1 Session  
Targeted Session**

**9am - 5pm  
Family Advice & Guidance  
Drop-in**

**10am - 12pm  
Riding the Rapids  
(Primary)  
Targeted Group**

**9am - 5pm  
Family Advice & Guidance  
Drop-in**

**9am - 5pm  
IPTA - A  
1-1 Session  
Appointment Only**

**11:30am - 1:30pm  
PACE's  
Targeted Group**

**9am - 5pm  
Family Advice & Guidance  
Drop-in**

**9:30am - 11am  
Chatter Time  
Referral only  
Starting in June**

**9am - 3pm  
Midwife Clinic  
Appointment Only**

**9am - 5pm  
Family Advice & Guidance  
Drop-in**

**9:30am - 11:30am  
Peep Programme  
Referral Only  
Starting in June**

**Afternoon**

**1pm - 5pm  
C-Card  
Drop-in**

**12:30pm - 3pm  
ACES (Male)  
Targeted Group**

**1pm - 4pm  
Baby Weighing Clinic  
Appointment Only**

**5pm - 8pm  
Aiming High  
Closed Group**

**1pm - 2pm  
Baby Massage  
Referral Only  
Starting in June**

**12:30pm - 2pm  
Trinity Wellness  
Drop-in**

**1pm - 2pm  
Volunteer Programme  
Targeted Group**

**12pm - 2:30pm  
ACES (Female)  
Targeted Group**

**5pm - 8pm  
Parent Carer Forum  
Online**

**1pm - 3:30pm  
Caring Dads  
Targeted Group**

**Virtual Offer  
Information, Advice  
and Guidance**

**Breastfeeding support**

**Parent Carer Panel**

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