



0 – 19 Child and Family support services - Carlisle

What's on!

All of our services are **FREE**

These sessions are for parents/carers and their children

JANUARY

DAY	DATE	SESSION	TIME	VENUE
Thurs	4th	Bump and Baby Social	10:00 - 11:00	Morton C&F Centre
Fri	5th	Stay and Play	10:00 - 11:30	Newtown C&F Centre
Mon	8th	Stay and Play	1:00 - 2:30	Petteril Bank C&F Centre
Mon	8th	Breastfeeding Monthly Drop in	1:00 - 2:00	Belah CC
Mon	8th	Mums' Minds Matter	1:00 - 2:00	Belah CC
Tue	9th	Stay and Play	10:00 - 11:30	Longtown C&F Centre
Tues	9th	Breastfeeding Support Group	10:00 - 11:00	Newtown C&F Centre
Tue	9th	Time Together	11:00 - 12:00	Harraby CC
Thurs	11th	Bump and Baby Social	10:00 - 11:00	Morton C&F Centre
Fri	12th	Stay and Play	10:00 - 11:30	Newtown C&F Centre
Mon	15th	Stay and Play	1:00 - 2:30	Petteril Bank C&F Centre
Tue	16th	Stay and Play	10:00 - 11:30	Longtown C&F Centre
Tues	16th	Breastfeeding Support Group	10:00 - 11:00	Newtown C&F Centre
Tue	16th	Time Together	11:00 - 12:00	Harraby CC
Thurs	18th	Bump and Baby Social	10:00 - 11:00	Morton C&F Centre
Fri	19th	Stay and Play	10:00 - 11:30	Newtown C&F Centre
Mon	22nd	Stay and Play	1:00 - 2:30	Petteril Bank C&F Centre
Tue	23rd	Stay and Play	10:00 - 11:30	Longtown C&F Centre
Tues	23rd	Breastfeeding Support Group	10:00 - 11:00	Newtown C&F Centre
Tue	23rd	Time Together	11:00 - 12:00	Harraby CC
Thurs	25th	Bump and Baby Social	10:00 - 11:00	Morton C&F Centre
Fri	26th	Stay and Play	10:00 - 11:30	Newtown C&F Centre
Mon	29th	Stay and Play	1:00 - 2:30	Petteril Bank C&F Centre
Tue	30th	Stay and Play	10:00 - 11:30	Longtown C&F Centre
Tues	30th	Breastfeeding Support Group	10:00 - 11:00	Newtown C&F Centre
Tue	30th	Time Together	11:00 - 12:00	Harraby CC