

Where?	Treetops Children and Family Centre School Lane, Dursley, GL11 4NZ	
When?	Morning	Afternoon
Monday	Moodlift Mondays 10:00am-12noon	Perinatal Coming soon! 
Tuesday	Antenatal classes Coming soon! email: ghn-tr.ANSCO@nhs.net 	Stay and Play Drop in 1:30pm-3:00pm
Wednesday		Community Cafe 1:00pm-3:00pm Come and get involved - we'd love to see you!
Thursday	HENRY 10:00am-12noon (term time only) Email: kathredmond@gl11.org.uk	Play Gloucestershire 4:00pm-6:00pm 
Upcoming events	Invest in Play Parenting Course 12 week course - booking required. Coming Soon!	

Sessions are free*! Please contact us for more details or to book your place: 01453 545904 or 01453 821012



What's what @ Treetops Children and Family Hub, Dursley

- **Moodlift Mondays**

Enjoy a quiet space and some time to wind down after a busy weekend.

A supportive space for parents and carers to take time for themselves, connect with others and explore practical tools for wellbeing. Enjoy an appealing snack together.

- **Play Gloucestershire**

Active and creative play outdoors all year round in community parks across Gloucestershire, whatever the weather

- **HENRY**

Henry by GL11 – Want to give your child the best start in life, but don't know where to begin? Feel a bit overwhelmed by it all and want to share your experiences with others going through the same?

Our HENRY courses cover food, wellbeing, relationships, behaviour, and so much more. They're completely free and we also offer a free creche for 0 – 4 year olds. For more information and to book, please email familiesteam@gl11.org.uk or call 01453 548530.

- **Antenatal – coming soon!**

Pre booked only – call 0300 421 8018. Click here for more information: <https://www.gloshospitals.nhs.uk/our-services/services-we-offer/maternity/>

- **Community cafe**

Looking for a friendly, relaxed space to connect with other young parents?

Come along, make new friends, and enjoy a welcoming atmosphere for you and your little ones. Safe and supportive environment, everyone is welcome!

- **Stay and Play Drop in**

Spend quality time playing, creating and exploring with your child in a nurturing and child-friendly environment. Healthy snack provided.

- **Perinatal – coming soon!**

Pre booked only – Stroud 0300 421 8018. Click here for more information: <https://www.gloshospitals.nhs.uk/our-services/services-we-offer/maternity/>

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