

Where?	Treetops Family Hub School Lane, Dursley, GL11 4NZ		
When?	Morning	Afternoon	Evening
Monday		Perinatal (NHS) Coming soon!	 Gloucestershire Health and Care NHS Foundation Trust
Tuesday	Antenatal classes (NHS) 9:30am–11:30am Pre book only email: ghn-tr.ANSCO@nhs.net	Stay and Play Drop in 1:30pm–3:00pm	
Wednesday	Baby Massage* 1:30pm–2:30pm Pre book only Email: alison.russell@nhs.net	Community Cafe 1:00pm–3:00pm Come and get involved – we'd love to see you!	
Thursday		Weaning classes (NHS) 12noon–2:00pm Pre book only email: ghn-tr.ANSCO@nhs.net	Meltdown to Milestones 7:15pm–9:00pm For more information contact: stroudchildrenandfamilycentre@family-action.org.uk
Friday	Slimming World* 8:00am and 9:30am Call Jo on 07928 988432		
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

*Fees incurred, contact organiser for more information.



What's what @ Treetops 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

- **Meltdowns to Milestones**

Are your mini-monsters causing mayhem? Come along to our new sessions on how to manage challenging behaviour! A whistle-stop tour of top tips and tricks, covering everything from minor mischief to full-force meltdowns. Course of 4 sessions – Free! Free hot food, drinks and sweet treats provided!

- **Antenatal**

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

- **Weaning Classes – Lunch provided**

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 parents and carers of children? Come along, make new friends, and enjoy a welcoming, safe and supportive environment, everyone is welcome! (Children up to the age of 11 are also 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**

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

- **Slimming World**

Weight Loss Group for everyone. Drop in – join your local group. Contact Jo on 07928 988432

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

