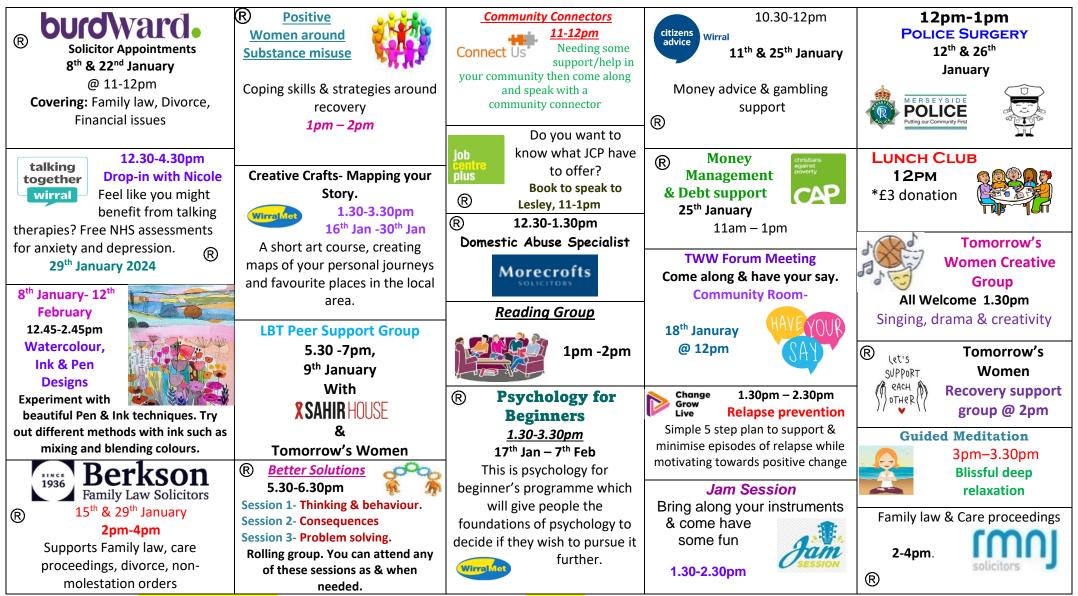
JANUARY 2024 TUESDAY THURSDAY MONDAY FRIDAY WEDNESDAY 9.30 Legs, Bums & Tums **Belly Dancing with** R 9.30-2pm 10am -11am 9.30 Boxercise **17**4 Support the continued growth of our **Specialising in Family** With Nicky Cecile With Nicky beautiful garden with Sandra & Liz Law, Domestic & Care 10am -11am We Need Your Help We Need Your Help SOLICITORS proceedings 10am -11am 9.30-2pm msb **Merseyside POLICE** New Year, New You Healthier Family Law To support the continued growth of our To support the continued growth of R Roadshow **Eating Cookery** beautiful garden with Sandra & Liz means something better our beautiful garden with Sandra & Liz 2nd, 16th & 30th January 10am -12pm MERSEYSIDE 25th Jan- 15th Feb Substance Use Midwife R Putting our Community First Drop-in with Jill Health, Nutrition and Well-being Thinking of a job in the police pop Fun and informative Support for pregnant women R 9.45-11.45am 10-12pm along for a chat. sessions learning how to 9th January, 10am – 12pm Wirral Lifelong 12th Jan -2nd Feb **ESOL Entry level**, 10th January, 9.30-11.30am make family favourites Learning Service R Solicitor support healthier and This is about nutrition, making 6-week course Conversation BD . in Family Law more cost informed choices **Skills, FREE course Level 2 Understanding Domestic** 10am -11am effective. Starting 8th Jan- 18th March about health / Abuse, 9.45-2.30pm **Ring to book slot Enrolment: 9th January** diet, recipe ideas 10-12pm Start date: 16th January Developing your confidence & A Stitch in Time etc. Wirral You will gain: language to have conversations. Sewing skills and A nationally recognised qual **English for Speakers of Other Exploring Conflict.** R R crafts, With Mary 5-wk course Understand what constitutes as Languages 26th January Smears **Happy Healthy Home** abuse Sexual Health WIRRAL Peer Mentoring for DWP ® 10am - 3pm Signs & risk factors 24th Jan (Parent & Carers course) 8th & 22nd January We will look into what we mean MORE THAN JUST CLINICS Understanding the impacts 10am-1pm Growth 11th January by 'conflict' and different types Company 10-2pm Starts 23rd January, X 4-wks Due a smear test? Bookings R Peer Support to gain employment for of conflict. We will also learn 10am - 12pm **Small Changes, Big Impact** are being taken. those with Drug & Alcohol issues about possible causes of conflict 10-12pm Looking at family environment, and strategies to dealing with or **Tomorrow's Women** 6-week developing family resilience let's Supporting busy lives, taking SUPPORT resolving conflict'. **YOGA** Course time to reflect. Increase sense of **Recovery support** ACH OTHER With Grace-R group 10.30am resilience & wellbeing 11am Understanding stress and **Flexible practical** gratitude HOUSEHOLDS support for families Starting 10th January 3e We INTO WORK 11am – 1pm R

TOMORROW'S WOMEN WIRRAL EMPOWERING TIMETABLE

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Please note **BOOKING** is **ESSENTIAL** for all sessions listed to attend, ring 0151. 647 7907 to book your slot & for information regarding our timetable.