



Monday

Breakfast and a Blether 9.30-10.30am Aberdour road (Community Group)

Come along for breakfast and a blether, Children up to 5yrs welcome we will have a play area set up. Cost £1.00 per session

Tuesday

Mellow Parenting 10am-2.30pm 14-week block

Aberdour Road (**Referral Required** Speak to your School/Nursery or Health Visitor)

This group looks at growing parents' confidence and self esteem helping parents to think through and share tips on the challenges of parenting and past experiences. **You must be referred to attend this group.**

Fareshare 2.15-3pm Fergus Place (Community)



Help us reduce food waste and grab a bargain, Our Fareshare is open to our Beanstalk families and the community.

Wednesday

Parent/Carer Network 10.00-11.00am Aberdour Road (Community Group)

This is a group for parents and carers of children developing differently up to p7, come along and share experiences and offer advice to others in similar situations. During this group we will occasionally invite other professionals in, take part in craft activities and fun activities for the whole family. Younger children up to 5 are welcome to come and play while you chat and enjoy a cuppa. Cost Free

Please Note this group will not run the last Wednesday of every month, in order for us to run our Baby Bites sessions

Baby Bites 10-11am & 1.00-2.30pm Aberdour Road (Runs the last Wednesday of every month)

Join us for an introduction to baby-led weaning suitable for babies around 6 months old spaces are limited. **Booking required**

Fareshare Aberdour Road (Community)

Help us reduce food waste and grab a bargain, Our Fareshare is open to our Beanstalk families and the community.

Thursday

Incredible Years -9.30-11.30 14-week block

Aberdour Road (**Referral Required** Speak to your School/Nursery or Health Visitor)

Incredible Years parenting programs are designed to enhance parenting skills and confidence, this evidence-based program aims to improve children's academic, social and emotional abilities while decreasing behavioural issues. **You must be referred to attend this group.**

Friday



Fun Time Friday 9.30-11am Aberdour Road (Community Group)

Come and join us for fun. Cost £1.00 per session.



Baby Massage with Sally 1.30-2.30pm Aberdour Road (Community Group)

These sessions are for babies from 6 weeks to 6 months old. Enjoy a lovely bonding time for you and your baby as you communicate through touch. This is a 5-week block, there is a £5.00 one off payment for this group.

Booking Required