

Beanstalk Family Nurture Centre

Community Weekly Calendar

Day	Group	Where, When and cost	What to Expect
Monday  	Stay & Play with Dad	Aberdour Road Family Room 9.15am-10.15am Cost Free	A relaxed space for dads to connect, play and bond with their little ones, join us for a fun and friendly session designed especially for dads.
	The Little Crew Baby Group	Aberdour Road Family Room 1.30pm-2.30pm Cost £1.00	A relaxed group for parents and carers of babies from birth to 1 year. Come and share experiences and connect with other adults over a cuppa.
Tuesday  	Mellow Parenting	Aberdour Road Family Room 9.30-2.30pm Referral only Speak to your HV or nursery staff to see if you are eligible.	Mellow is a supportive, evidence based parenting program that helps to build strong, positive relationships with children. Through relaxed group sessions over 14 weeks. It offers tools to reduce stress and boost confidence.
	The Little Beanie Shop	Fergus Place 2.30pm-3.30pm	Help us to reduce food waste and come along and grab a bargain.
Wednesday 	Carers Group	Aberdour Road Family Room 9.30am-10.30am Cost: Free	Come along to connect with other parents and carers with children developing differently. Share experiences and advice over a cuppa in our family room.
	The Little Beanie Shop	Aberdour Road 12-12.30pm	Help us to reduce food waste and come along and grab a bargain.
Thursday 	Bookbug and Stay & Play	Aberdour Road Family Room 11am-12pm Cost £1.00 (for stay and play)	Join us for Bookbug and Stay & Play afterwards with refreshments.
Friday  	Themed Stay & Play	Aberdour Road Family Room 10am-11am Cost £2.00	Come along and join our themed stay & Play Sessions, different themes every week. Keep an eye on our Facebook page for upcoming themes
	Baby Massage	Aberdour Road Family Room 1.30pm-2.30pm Cost: one off £5.00 payment Booking Required	Join Sally for baby massage suitable for babies 6 weeks to 6 months. Enjoy a lovely bonding session for you and your baby.