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JANUARY 2024**

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

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| <p>® burdward. Solicitor Appointments 8th & 22nd January @ 11-12pm Covering: Family law, Divorce, Financial issues</p> | <p>® <u>Positive Women around Substance misuse</u>  Coping skills & strategies around recovery 1pm – 2pm</p> | <p><u>Community Connectors</u> Connect Us  11-12pm Needing some support/help in your community then come along and speak with a community connector</p> | <p>citizens advice Wirral 10.30-12pm 11th & 25th January Money advice & gambling support</p> | <p>12pm-1pm POLICE SURGERY 12th & 26th January   </p> |
| <p>12.30-4.30pm Drop-in with Nicole Feel like you might benefit from talking therapies? Free NHS assessments for anxiety and depression. 29th January 2024</p> <p> ®</p> | <p>Creative Crafts- Mapping your Story.  1.30-3.30pm 16th Jan -30th Jan A short art course, creating maps of your personal journeys and favourite places in the local area.</p> | <p>Do you want to know what JCP have to offer? Book to speak to Lesley, 11-1pm</p> <p> ®</p> | <p>® Money Management & Debt support  25th January 11am – 1pm</p> | <p>LUNCH CLUB 12PM *£3 donation </p> |
| <p>8th January- 12th February 12.45-2.45pm Watercolour, Ink & Pen Designs Experiment with beautiful Pen & Ink techniques. Try out different methods with ink such as mixing and blending colours.</p>  | <p>LBT Peer Support Group 5.30 -7pm, 9th January With SAHIRHOUSE & Tomorrow's Women</p> | <p>® 12.30-1.30pm Domestic Abuse Specialist </p> | <p>TWW Forum Meeting Come along & have your say. Community Room- 18th January @ 12pm </p> | <p>Tomorrow's Women Creative Group All Welcome 1.30pm Singing, drama & creativity </p> |
| <p>®  Berkson Family Law Solicitors 15th & 29th January 2pm-4pm Supports Family law, care proceedings, divorce, non-molestation orders</p> | <p>® <u>Better Solutions</u>  5.30-6.30pm Session 1- Thinking & behaviour. Session 2- Consequences Session 3- Problem solving. Rolling group. You can attend any of these sessions as & when needed.</p> | <p><u>Reading Group</u>  1pm -2pm</p> | <p>®  1.30pm – 2.30pm Relapse prevention Simple 5 step plan to support & minimise episodes of relapse while motivating towards positive change</p> | <p>®  Tomorrow's Women Recovery support group @ 2pm</p> |
| | | <p>® Psychology for Beginners 1.30-3.30pm 17th Jan – 7th Feb This is psychology for beginner's programme which will give people the foundations of psychology to decide if they wish to pursue it further. </p> | <p>Jam Session Bring along your instruments & come have some fun  1.30-2.30pm</p> | <p>Guided Meditation  3pm–3.30pm Blissful deep relaxation</p> <p>Family law & Care proceedings 2-4pm.  ®</p> |

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