

Activities running at the Alders January to March.

Mondays	<p>Family Fun Time 10:00 to 11:00 am - at the Alders Children Centre. These sessions will include Messy Play, Cooking, Imaginative and creative play and Active fun. This is a bookable sessions one week before.</p> <p>Play Rangers 2:00 to 3:00 pm drop in for 0 - 5's at the Alders Children Centre. These active sessions are fun and get your children moving and using their imaginations.</p>
Tuesdays	<p>Complementary Therapy - 1:00 to 4:00 pm at the Alders Children Centre Available to pregnant women living in Crowthorne and Sandhurst area. Please phone for an appointment. 01344 354200</p>
Wednesdays	<p>Baby Fun Time 10:00 to 11:00 am drop in at the Alders Children Centre - Drop in session for babies aged 3 months to 12 months</p> <p>Breastfeeding Drop in - 1:00 to 4:30 pm at the Alders Children Centre - This drop in is run by the midwives.</p>
Thursdays	<p>New Beginnings 09:30 to 11:00 am drop in for 1 - 5's at the Owlsmoor Community Centre. Come along and join the activities at our fun sessions.</p> <p>Solitaire 1:30 to 3:00 at the Alders Children Centre. This is a friendly group for lone parents and their children, time to chat.</p>
Fridays	<p>Bumps and Babes - 2:30 to 3:30 pm Drop in at the Alders Children Centre. For parents / carers and their babies aged 0 - 1 year old.</p> <p>Antenatal Drop in - 1:00 to 4:30 pm at the Alders Children Centre</p> <p>Speech and Language Drop in - 09:00 to 11:30 am at the Alders Children Centre the first Friday of every month starting on the 7th January 2011. If you have any concerns about your child's speech developments, please drop in and they can be assessed.</p>
January	<p>Paediatric First Aid Course -7:00 to 9:00 pm. 18th January 2011 at the Alders Children Centre. Please call Jo on 01344 354200 to book a place. £2 per person.</p>
Coming Soon	<p>Keeping your cool under pressure Workshop - Starting 1st March to 29th March 2011, 09:30 to 11:30 am. At St John the Baptist Church, Crowthorne. Do you sometimes feel like everything gets too much? Then come along to our 5 week course and learn how to relieve stress, look at ways of coping under pressure and increase your self-esteem. Please call 01344 354200 for more information.</p> <p>We also have Baby Massage and Baby Yoga courses running throughout the year - please call for more details.</p>
<p>Citizen Advice Bureau - Appointments available at the Alders children's centre. Please call Sam at the Oaks on 01344 317020 to book.</p> <p>Any housing issues? Shelter appointments available at Seymour House - Please call Emily at the Rowans on 01344 312800 to book.</p> <p>Breast Feeding Support is available across Bracknell Forest at various centres each day of the week. Please call 01344 354200 for more information on this, or if you have any questions on any of our sessions. All sessions are free of charge for parents/carers and their children unless otherwise stated.</p>	