



# February Programmes

**Sure Start South  
Armagh**

**Issue No. 4  
14/01/2021**

ACTIVITY	DAY	DATE	VENUE	TIME
<b>Speech &amp; Language Therapy Clinic</b> Children aged 12 months - 4 years with speech and language concerns.	Monday	8 <sup>th</sup> February	ONLINE Programme via Microsoft Teams—EMAIL: deniseo@surestartsa.org	9:30am - 4:30pm
<b>Dental Health Workshop</b> All Sure Start Families	Monday	8 <sup>th</sup> February	ONLINE Programme via Microsoft Teams—EMAIL: lorraines@surestartsa.org	10:30am - 11:30am
<b>Weaning Workshop</b> Parents with babies aged 4 months to 1 year	Tuesday	2 <sup>nd</sup> February	ONLINE Programme via Microsoft Teams—EMAIL: marym@surestartsa.org	10:30am - 11:30am
<b>Elklan - Let's talk with under 5's</b> 7 week Speech & Language Course for parents / carers of children under 4 years	Tuesday	2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> & 23 <sup>rd</sup> February, 2 <sup>nd</sup> , 9 <sup>th</sup> & 16 <sup>th</sup> March	ONLINE Programme via Microsoft Teams—EMAIL: deniseo@surestartsa.org	6:30pm - 8:30pm
<b>CPR First Aid for Dads</b> All Dads / male carers	Tuesday	2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> & 23 <sup>rd</sup> February	ONLINE Programme via Microsoft Teams—EMAIL: robertg@surestartsa.org	6:30pm - 8:30pm
<b>Fairy Trail Walk</b> All Sure Start Families	Tuesday	16 <sup>th</sup> February	Slieve Gullion Forest Park—EMAIL: isobelf@surestartsa.org	10:00am - 11:00am
<b>Infant Feeding Workshop</b> All expectant parents	Tuesday	23 <sup>rd</sup> February	ONLINE Programme via Microsoft Teams—EMAIL: helenh@surestartsa.org	10:30am - 11:30am
<b>Baby Cafe</b> For parents of babies aged under 1 year	Wednesday	3 <sup>rd</sup> & 17 <sup>th</sup> February	ONLINE Programme via Microsoft Teams—EMAIL: marym@surestartsa.org	11:00am - 12:30pm
<b>Incredible Years Babies</b> Parents / carers of babies up to 12 months	Wednesday	3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> & 24 <sup>th</sup> February, 3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> & 31 <sup>st</sup> March	ONLINE Programme via Microsoft Teams—EMAIL: jessical@surestartsa.org	10:30am - 12:30pm
<b>Mindfulness &amp; Me</b> All Sure Start Parents	Wednesday	3 <sup>rd</sup> , 10 <sup>th</sup> , 17 <sup>th</sup> & 24 <sup>th</sup> February	ONLINE Programme via Microsoft Teams—EMAIL: lorraines@surestartsa.org	10:30am - 11:30am
<b>Fairy Trail Walk</b> All Sure Start Families	Wednesday	24 <sup>th</sup> February	Slieve Gullion Forest Park—EMAIL: isobelf@surestartsa.org	10:00am - 11:00am
<b>Infant Feeding Workshop</b> All expectant parents	Wednesday	24 <sup>th</sup> February	ONLINE Programme via Microsoft Teams—EMAIL: helenh@surestartsa.org	6:30pm - 7:30pm
<b>Take 5 (Mindfulness) For Dads</b> All Dads / male carers	Thursday	11 <sup>th</sup> February	ONLINE Programme via Microsoft Teams—EMAIL: robertg@surestartsa.org	7:00pm - 8:00pm
<b>Bajki na Dobranoc</b> Polish Story Time	Thursday	4 <sup>th</sup> February	ONLINE Programme via Microsoft Teams—EMAIL: robertg@surestartsa.org	6:30pm - 7:30pm
<b>Viaduct Walk</b> All Sure Start Families	Thursday	18 <sup>th</sup> & 25 <sup>th</sup> February	Viaduct Bessbrook—EMAIL: nicolamcc@surestartsa.org	10:15am—11:00am
<b>Story Time with Dad</b> All Dads / male carers and their families	Thursday	25 <sup>th</sup> February	ONLINE Programme via Microsoft Teams—EMAIL: robertg@surestartsa.org	6:30pm - 7:30pm
<b>Toddler Yoga</b> Toddlers aged from 2 - under 4 years	Friday	5 <sup>th</sup> , 12 <sup>th</sup> & 19 <sup>th</sup> February	ONLINE Programme via Microsoft Teams—EMAIL: joannel@surestartsa.org	10:30am - 11:30am

