

PROGRAMMES FOR JANUARY 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	11 <sup>th</sup> January	ONLINE Programme via Microsoft Teams EMAIL: deniseo@surestartsa.org	9:30am - 4:30pm
<b>Talking to your bump / baby workshop</b> All expectant mums	Monday	25 <sup>th</sup> January	ONLINE Programme via Microsoft Teams EMAIL: deniseo@surestartsa.org	10:00am - 11:30am
<b>The Real Birth Programme</b> All expectant parents	Tuesday	26 <sup>th</sup> January, 2nd, 9th & 16th February	ONLINE Programme via Microsoft Teams EMAIL: lorraines@surestartsa.org	10:30am - 12:00noon
<b>Take 5 (Mindfulness)</b> All Polish speaking members	Tuesday	19 <sup>th</sup> January	ONLINE Programme via Microsoft Teams EMAIL: robertg@surestartsa.org	7:00pm - 8:00pm
<b>Baby Cafe</b> For parents / carers of babies aged up to 1 year	Wednesday	20 <sup>th</sup> January	ONLINE Programme via Microsoft Teams EMAIL: marym@surestartsa.org	11:00am - 12:30pm
<b>The Real Birth Programme</b> All expectant parents	Wednesday	27 <sup>th</sup> January, 3rd, 10th & 17th February	ONLINE Programme via Microsoft Teams EMAIL: carolinew@surestartsa.org	6:30pm - 8:00pm
<b>Baby Massage</b> Babies aged 6 weeks to pre-mobile	Thursday	21 <sup>st</sup> & 28 <sup>th</sup> January, 4 <sup>th</sup> & 11 <sup>th</sup> February	ONLINE Programme via Microsoft Teams EMAIL: jessical@surestartsa.org	2:00pm - 3:00pm
<b>Bajki na Dobranoc</b> Polish Story Time	Thursday	7 <sup>th</sup> January	ONLINE Programme via Microsoft Teams EMAIL: robertg@surestartsa.org	6:30pm - 7:30pm
<b>Story Time with Dad</b> All Dads / male carers and their families	Thursday	28 <sup>th</sup> January	ONLINE Programme via Microsoft Teams EMAIL: robertg@surestartsa.org	6:30pm - 7:30pm
<b>Baby Reflexology</b> Babies aged 6 weeks to pre-mobile	Friday	8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> & 29 <sup>th</sup> January	ONLINE Programme via Microsoft Teams EMAIL: joannel@surestartsa.org	10:30am - 11:15am

