



Weekly Drop-In Sessions

Little Minds in Mind

No booking required
Term time only

Come along to one of our drop-in sessions where you can enjoy a relaxed and friendly space to spend time with your baby (aged 0 to 2); a place to share the highs and lows of caring for a baby with other parents and caregivers.

You can learn more about how your baby's brain developments, how to promote their wellbeing and pick up some top tips for bonding and play.

Our friendly approachable team can't wait to meet you and your baby.

- **Monday**
- **13:30 to 14:30, Cowgate Community Family Hub**
- **13:00 to 14:00, St Martins Centre, Walker**
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- **Tuesday**
- **13:00 to 14:00, Carnegie Building (Riverside Community Health Project)**
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- **Wednesday**
- **10:00 to 11:00, Nunsmoor Centre**
- **13:00 to 14:00, The Haven at Mountfield School**
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- **Thursday**
- **13:00 to 14:00, Fawdon Children Centre**
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For more information contact:

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