

Plaistow Community Neighbourhood Children's Centre
WEEKLY VIRTUAL
PARENTING SESSIONS AND WORKSHOPS

MONDAY

10am -11 am Virtual Coffee Morning

- **Meet Children's Centre staff and other local parents**
- **Find out what other virtual activities are available to join with children**

THURSDAY

1pm- 3 pm Family Support Surgery

- **Each booking is for 30 minutes.**
- **Advice and Signposting offered about a range of issues.**

FRIDAY

10 am - 11am Parenting Workshops

- **Toilet Training**
- **Promoting Positive Behaviour**
- **Promoting Good Sleep Routines**

All sessions can be booked 24 hours in advance each week by calling:

Plaistow Children's Centre on
0208 548 5620

Please note that sessions can be accessed via the internet on the 'Zoom' Platform.