

# Yate Children's Centre

## Activity Timetable

Day	Time	Location	Session / Activity	Dates
	1.30 - 3.00pm	Yate CC	Rainbow Group	Term time only
Tue	9.30 -11.00am	Yate CC	Family Time	Ongoing
	11.30 -1.00pm		Breast Friends Breastfeeding support group	Ongoing
	9.30am - 11.00pm	West Gate	Break the Silence	Fortnightly*
	2.00pm - 3.00pm	Yate CC	Baby Massage	Rolling 5 week programme
Wed		Yate CC	Parenting programme-referral only	Ring centre for further information
Thurs	10.00-11.30am	Yate CC	Baby and Me	Rolling 7-week programme
	1.00-2.30pm		Community Learning	Phone for details
	1.00-2.30pm	West Gate	Young Mums	Rolling 12-week programme can be joined anytime
Friday				

\* Please contact for details - Tel: 01454 864154 or email: [yatechildrenscentre@southglos.gov.uk](mailto:yatechildrenscentre@southglos.gov.uk)