




Triangle Centre, 91-93 St Ann's Road, Tottenham N15 6NU Tel: 020 8802 8782

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNINGS	<p>**Antenatal Clinic 9:00 – 12:00</p> <p>ESOL entry level 1 with crèche 9:30 – 11.30</p> <p>Stay and Play 10:15 – 12:15</p> <p>One to one support with help to stop smoking 9.00am to 12.00 (starting February 09)</p>	<p>Stay and Play 10:15 – 12:15</p> <p>Ludo Tek Messy Play Session 10:30 – 11:30</p> <p>ESOL entry level 2 with crèche 9:30 – 11.30</p> 	<p>ESOL entry level 1 with crèche 9:30 – 11.30</p> <p>Health visitor **Baby Check Up (8 – 10 weeks) 10:00 – 12:00</p> <p>Mothers & Daughters Support Group 10:00 – 1:00pm</p> <p>Help & Support around finding work 10:00 – 1:00</p> <p>Stay and Play 10:15 – 12:15</p>	<p>**Antenatal Clinic 9:30 – 1:00</p> <p>Health Visitor Weighing Clinic 9:30 – 11:00 (every 3rd Thursday of the month)</p> <p>HARTS for Families Advice sessions 3rd Thursday of the month 9:30 – 11:30</p> <p>Creative Art Therapy For women and children survivors of domestic violence 9:30 – 11:30</p> <p>Teenage Parents Support Group 1pm to 5pm</p> <p>ESOL entry level 2 with crèche 9:30 – 11.30</p>	<p>**Ante/Postnatal Clinic 9:00 – 1:00</p> <p>One to one support with help to stop smoking 9.00am to 12.00 (starting February 09)</p> 
A & FTEVENING	 <p>After School Club 3:30 – 6:00</p>	<p>After School Club 3:30 – 6:00</p> <p>Youth Club/ Activities Starting November 2008 6:30 – 9:30</p>	<p>**Baby Check Up(1yr olds) 1:00 – 3:00</p> <p>After School Club 3:30 – 6:00</p>	<p>**Postnatal Group 1:00 – 3:00</p> <p>After School Club 3:30 – 6:00</p> <p>Youth Club/ Activities Starting November 2008 6:30 – 9:30</p>	<p>Kung Fu Class 6:30 – 9:30</p> <p>ESOL for polish speakers 7pm to 8pm</p> <p>After School Club 3:30 – 6:00</p>

Sessions marked with ** are by invitation only.

If you would like more information about our activities and/or services please contact the centre on the number above.