A screenshot of a calendar

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**Sept – Dec 2023 – drop in available every day for Vitamins, Advice & Guidance**

**ALL DAY**

**MHST 1-1 Therapy Sessions**

**APPOINTMENT ONLY**

**ALL DAY**

**Venus 1-1 Therapy Sessions**

**CLOSED GROUP**

**Morning/Afternoons**

Some bookable room spaces – please email [Thornton.FWC@sefton.](mailto:Thornton.FWC@sefton.)

Gov.uk to enquire

**All Day**

**MHST 1-1 Therapy Sessions**

**CLOSED GROUP**

**3.00pm-5.15pm**

**DBT Group Sefton Camhs**

**CLOSED GROUP**

**Morning/Afternoons**

Some bookable room spaces – please email [Thornton.FWC@sefton.](mailto:Thornton.FWC@sefton.)

Gov.uk to enquire

**11:00am-1:00pm**

**Riding the Rapids**

10 -week parenting course for parents of children/ young people with an Autism Spectrum diagnosis or other complex needs.

**REFERRAL ONLY**

**Afternoon**

**Talking Therapies**

**CLOSED GROUP**

**Thornton Family Wellbeing Centre**

**Stannyfield Drive**

**Thornton**

**L23 1TY**

**Tel** : 0151 934 4991

**Email**: Thornton.FWC@

sefton.gov.uk

**FOR MORE INFORMATION ABOUT OUR PROGRAMMES – PLEASE SEE REVERSE**

**10:00am-12:30pm**

**Venus Centre sessions**

**CLOSED GROUP**

**Morning**

**Talking Therapies**

**CLOSED GROUP**

**12:00pm-3:00pm**

**Advanced Solutions**

**DROP IN**

**Morning/Afternoons**

Some bookable room spaces – please email [Thornton.FWC@sefton.](mailto:Thornton.FWC@sefton.)

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**Smoke Free Pregnancy**

**Appointment Only**

**12.00pm - 4.00pm**

**Morning/Afternoons**

Some bookable room spaces – please email [Thornton.FWC@sefton.](mailto:Thornton.FWC@sefton.)

Gov.uk to enquire

A screenshot of a calendar

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**9:00am-10:00am**

**Advice & Guidance drop-in sessions**.

Twice weekly confidential and face to face advice with our family workers.

**DROP IN**

**START DATE TO FOLLOW**

**Children’s Incontinence Nurse**

**APPOINTMENT ONLY**

**Relax Kidz**

Start date to be confirmed – call the centre for more information

**Morning/Afternoons**

Some bookable room spaces – please email [enquiries@hudsonprimary.co.uk](mailto:enquiries@hudsonprimary.co.uk) for availability

**9:00am-10:00am**

**Advice & Guidance drop-in sessions**.

Twice weekly confidential and face to face advice with our family workers.

**DROP IN**

**START DATE TO FOLLOW**

**Various Times**

**Midwife Appointments**

**BOOK ON through your midwife or GP**

**Morning/Afternoons**

Some bookable room spaces – please email [enquiries@hudsonprimary.co.uk](mailto:enquiries@hudsonprimary.co.uk) for availability

**Smoke Free Pregnancy**

**Appointment Only**

**12.00pm - 4.00pm**

**9:30am-12:00pm**

**Riding the Rapids**

10 week parenting course for parents of children/ young people with an Autism Spectrum diagnosis or other complex needs.

**REFERRAL ONLY**

**START DATE TO FOLLOW**

**Morning/Afternoons**

Some bookable room spaces – please email [enquiries@hudsonprimary.co.uk](mailto:enquiries@hudsonprimary.co.uk) for availability

**10:00am-11:00pm**

**Baby Massage**

From birth to crawling (after hip check)

Led by our trained family worker, baby massage can help relax and soothe your baby.

**BOOK ON**

**START DATE TO FOLLOW**

**1:00pm-2:00pm**

**Nutrition & Wellness Workshop**

Join our Nutrition and Wellness Workshop to discover the keys to a balanced lifestyle. Learn about eating habits, meal planning etc.

**BOOK ON**

**START DATE TO FOLLOW**

**10:00am-12:00pm**

**Debutots**

Learning through story, drama and play.

**MORE INFORMATION TO FOLLOW**

**1:30pm-2:45pm**

**Nurture Parent Group**

4 week interactive course to support parents to understand and promote the positive mental health of their children.

**MORE INFORMATION TO FOLLOW**

**Morning/Afternoons**

Some bookable room spaces – please email [enquiries@hudsonprimary.co.uk](mailto:enquiries@hudsonprimary.co.uk) for availability

**Hudson Family Wellbeing Centre**

Moorhey Road

Maghull

L31 5LE

**Tel**: 0151 526 1568

**Email:** Hudson.FWC

@sefton.gov.uk

**FOR MORE INFORMATION ABOUT OUR PROGRAMMES – PLEASE SEE REVERSE**

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