

# Penicuik Family Learning Centre

| Monday         |                     |                       |
|----------------|---------------------|-----------------------|
| Time           | Dates               | Course/Activity       |
| 9am-11.30am    | Every second Monday | Music Therapy         |
| 9.30am-11.30am | weekly              | Mums' group with Kate |
| 9.30am-11am    | TBC                 | A Good Start - Amy    |
| 1pm- 3.00pm    | weekly              | Stay and Play         |

| Tuesday             |        |                                     |
|---------------------|--------|-------------------------------------|
| Time                | Dates  | Course/Activity                     |
| 9.30am-11.30am      | weekly | Grandparents Drop-in                |
| 9.45am - 11.45      | weekly | Art Therapy                         |
| 9.30 am -10.30am    | weekly | PEEP 0 - 18 months - Ruth           |
| 1pm-2pm             | weekly | Stay and Play                       |
| 2pm-4pm             | weekly | Antenatal classes with the midwives |
| 1.30 - 2.30pm       | weekly | Peep 18-36 months - Elaine          |
| PM playroom session | weekly | Forrest School in the playroom      |

| Wednesday      |        |                         |
|----------------|--------|-------------------------|
| Time           | Dates  | Course/Activity         |
| 9.30am-11.30am | weekly | Mums' Group with Kate   |
| 1pm-3pm        | weekly | Craft Group with Moira  |
| By appointment | weekly | Counselling             |
|                | weekly | Bookbug in the playroom |

| Thursday       |        |  |
|----------------|--------|--|
| Time           | Dates  | Course/Activity  |
| 9.30 am-11.30  | weekly | Mum's support group Group  |
| 1pm-3pm        | Weekly | PICL Course  |
| By appointment | weekly | counselling  |
| All day        | weekly | Lending Books/Big Bedtime read (speak to a member of staff to borrow books at other times) |

| Friday         |                                |                              |
|----------------|--------------------------------|------------------------------|
| Time           | Dates                          | Course/Activity              |
| 9.30am-11.30am | weekly                         | Stay and Play                |
| 9.30am-11am    | Last Friday of the month (TBC) | Weaning with Health Visitors |

| Saturday       |        |                                 |
|----------------|--------|---------------------------------|
| Time           | Dates  | Course/Activity                 |
| 9.30am - 11.30 | weekly | Dynamic Dads and Grandads group |

Session time are as follows.

A Good Time to Be 2:

Monday - Thursday - AM & PM sessions  
or full day session

Friday- morning sessions only

AM session: 8.55 am-11.30am

PM session: 12.30pm-3.35pm

Full day session: 8.55am-3.15pm

