








September - January 2023 (All sessions are delivered in Turkish)



Monday	Tuesday	Wednesday	Thursday	Friday	Play Learn
	<p>Antenatal Programme 7 weeks Course</p> <p>26 September 2023 10:30-12:30</p> <p>Contact Zeynep Y& Zeyno</p> <p>Venue TBC</p>	<p>Walking & Museum session Every other week</p> <p>12 September 2023 9:30- 13:00</p> <p>Contact Zeynep Y & Zeyno</p>	<p>Art for Wellbeing Every other week</p> <p>21 September 2023 10:00-12:00</p> <p>Contact Dilek</p> <p>Forest Road Hub</p>	<p>Stay and Play Term time only</p> <p>8 September 2023 10:00- 12:00</p> <p>Contact Dilek & Zeynep A</p> <p>Forest Road Hub</p>	<p>Grow</p>  <p>For more information and bookings:</p> <p>Zeynep A: 07855129760 Dilek: 07894247711 Zeyno: 07918045614 Zeynep Y: 07913128438 Günsu: 07342831552</p> <p>For more information follow us on social media</p> <p> Minikardes  Minik Kardes</p>
	<p>Rose Voucher and Healthy Start Voucher:</p> <p>Contact Zeynep Y & Zeyno & Günsu</p> <p>Minik Kardes office</p>	<p>Solihull Parenting Programme 10 weeks course</p> <p>20 September 2023</p> <p>Contact Zeynep A & Günsu</p> <p>Forest Road Hub</p>	<p>Yoga Classes Every other week</p> <p>14 September 2023 10:00-12:00</p> <p>Contact Zeyno</p> <p>Forest Road Hub</p>		
			<p>Breastfeeding Support Weekly support between 2-3pm</p> <p>Contact Dilek</p>		
<ul style="list-style-type: none"> 2-year-old free nursery applications (Islington, Hackney and Haringey) Mental Health workshops with Derman Free vitamins: for pregnant women, new mothers, and children up to age 4 contact any member of staff 					

