



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	<p>9:30am – 11:30am Resilience 6 week Accredited course 13th January – 24th February Mobile Crèche Provided Please ask staff for further details</p>	<p>09:30am – 11:30am Handling Children's Behaviour 9 week course Referral only</p> <p>Start Date TBC. Please ask staff for further details</p>	<p>9:30am-10am Breakfast Club Come along for a hot breakfast before joining us in our Language and Play session.</p>	<p>10:30am- 12:30pm Antenatal Class Start Date TCB</p> <p>Classes to help prepare you for the birth of your baby.</p> <p>For more information speak to your midwife</p>	<p>9:30am – 12:00pm Take 3 13 Week Course Starting 17th Jan Is for parents of children aged 10-18 years, to help improve relationships and improve young people's behaviour. Referral only Facilitated by the Family Support Service Please ask staff for further details</p>
PM	<p>1:00pm-2:30pm Referral Only Language and Play 0 - 3 years Join us for lots of magical stories and song time, with exciting crafts and activities. A healthy snack will also be provided during the session.</p>	<p>12:30pm-2:00pm Flying Start Health Visitor Clinic</p>	<p>10:00am-11:00am Language and Play 0 - 3 years Join us for lots of magical stories and song time, with exciting crafts and activities.</p>		
3PM - 5PM	<p>3:15pm-4:00pm After School Tea Time Club. Enjoy a hot meal and desert while your children play.</p>	<p>1:00pm-2:30pm Baby Play Drop in Play Session for Parents\Carers with Babies 0 to mobile, to experience the benefits of play in a relaxing environment. Breast Feeding Support available</p>	<p>12:30pm – 2:30pm Nurture Programme Starting 16th Jan – 1st April Referral Only Please ask staff for further details</p>	<p>1:00pm-2:30pm FREE 6 WEEK COURSE Baby Massage For parent and babies of 0-6 months. Enjoy one to one time with baby and learn how baby massage can help with sleep and colic. Starting 9th Jan – 13th Feb and 27th Feb – 26th March</p>	
5.30PM - 7:00PM	<p>4:00pm-5:30pm Play Club 4-6 years Free Play Club for children aged 4-6 years. Children leaving Sêr Ni Flying Start Nursery age 3 years can also attend.</p>	<p>5:30pm-7:00pm Open Access Play 7-11yrs</p>			



	DYDD LLUN	DYDD MAWRTH	DYDD MERCHER	DYDD IAU	DYDD GWENER
BORE	<p>9:30yb – 11:30yb</p> <p>Resilience Achrededig 13fed Ionawr – 24ain Chwefror Gofal plant ar gael gofynnwch am fwy o wybodaeth.</p>	<p>9:30yb- 11:30yb</p> <p>Trin Ymddygiad Plant</p> <p>Gofynnwch am fwy o wybodaeth</p>	<p>9:30-10:00yb</p> <p>Clwb Brecwast Dewis o frecwast oer a twym cyn iaith a Chwarae</p>	<p>09:30- 11-30yb</p> <p>Cyn Geni</p> <p>Grwp l'chparatoi ar gyfer enedigaeth eich plentyn</p>	<p>9:30-12:00yb</p> <p>Take 3</p> <p>Yn cael l Hwyluso Gan Gwasanaeth Cefnogaeth l deuluoedd</p> <p>Gofynnwch am fwy o wybodaeth</p>
	<p>1:00yp-2:30yp</p> <p>laith a Chwarae 0 - 3 oed Dewch i ymuno â ni am lawer o straeon hudol ac amser canu.</p>	<p>12:30yp-2:00yp</p> <p>Clinig Ymwelydd Iechyd Dechrau'n Deg</p>	<p>9:30-11:00yb</p> <p>laith a Chwarae 0 - 3 oed Dewch i ymuno â ni am lawer o straeon hudol ac amser canu.</p>		
3PM - 5PM	<p>3:15yp-4:00yp</p> <p>Clwb amser te ar ôl ysgol. Dewch i fwynhau pryd twym a phwddin tra bod eich plant yn chwarae</p>	<p>1:00yp-2:30yp</p> <p>Chwarae i Fabanod Sesiwn Chwarae Galw Heibio i Rieni/Gofalwyr sydd â babanod 0 oed hyd nes eu bod yn symud, er mwyn profi manteision chwarae mewn amgylchedd ymlacio.</p> <p>Cymorth bwydo babanod ar gael.</p>	<p>12:30yp – 2:30yp</p> <p>Rhaglen Nurture Dechrau 16fed Ionawr – 1 Ebrill Gofynnwch am fwy o wybodaeth</p>	<p>1:00-2:30yp</p> <p>CWRS 6 WYTHNOS AM DDIM</p> <p>Tylino i Fabanod Ar gyfer rhieni a babanod 0-6 mis. Dewch i fwynhau amser un-i-un gyda'ch babi. Mae'n helpu o ran cwsgr a cholig.</p> <p>Dechrau 9fed Ionawr – 13fed Chwefror 24ain Chwefror – 26fed Mawrth</p>	
	<p>4:00yp-5:30yp</p> <p>Clwb Chwarae 4-6 oed Clwb chwarae am ddim i blant 4-6 oed. Gall plant 3 oed sy'n gadael Meithrinfa Dechrau'n Deg i fynd i'r ysgol ddod hefyd.</p>	<p>5:30yp-7:00yp</p> <p>Clwb Chwarae Mynediad Agored 7-11 oed</p>			
5.30PM - 7:00PM					