

## Canolfan Deulual Garnant Family Centre March

<p>Ebost:- tots.tyni@gmail.com Ffôn:- 01269 825941 / 07759285073 FB:- <a href="https://www.facebook.com/GarnantFamilyC">https://www.facebook.com/GarnantFamilyC</a> <b>Please book for Wellbeing Week Activities</b></p>		<p>Sessions are free</p>	
Tuesday	Wednesday	Thursday	Friday
4	5	6	7
<p style="text-align: center;"><b>Wellbeing Week</b> <b>With Roots &amp; Vine</b> <b>Hand massage for</b> <b>parents</b> <b>AT</b> <b>Toddler and Baby Group</b> <b>Different Play Activities</b> <b>Every Week</b> <b>Food</b> <b>1.00-2.30pm</b> <b>Garnant Family Centre</b></p>	<p style="text-align: center;"><b>Wellbeing Week</b> <b>Relax with Crafts</b> <b>At</b> <b>Secret Garden Group</b> <b>Outdoor and indoor Play</b> <b>Lunchclub</b> <b>10.00-1.00pm</b> <b>Garnant Family Centre</b> <b>Community Garden</b></p>	<p style="text-align: center;"><b>Wellbeing Week</b> <b>1.00pm-2.30pm</b> <b>Bumps to Babies</b> <b>Relaxation techniques</b> <b>for parents</b> <b>With Calon Breathwork</b> <b>At the Family Centre</b> <b>Kitchen Science Plus</b> <b>After School Group</b> <b>3.30-5.00pm</b> <b>Garnant Family Centre</b> <b>Community Garden</b></p>	<p style="text-align: center;"><b>Wellbeing Week</b> <b>Self-Care</b> <b>for parents</b> <b>AT</b> <b>Bumps to Babies Group</b> <b>9.30-11.30</b></p> <p style="text-align: center;"><b>Baby Massage</b> <b>1.00-2.00pm</b> <b>Please Book</b> <b>Garnant Family Centre</b></p>
11	12	13	14
<p style="text-align: center;"><b>Toddler and Baby Group</b> <b>Different Play Activities</b> <b>Every Week</b> <b>Food</b> <b>1.00-2.30pm</b> <b>Garnant Family Centre</b></p>	<p style="text-align: center;"><b>Secret Garden Group</b> <b>Outdoor and indoor Play</b> <b>Lunchclub</b> <b>10.00-1.00pm</b> <b>Garnant Family Centre</b> <b>Community Garden</b></p>	<p style="text-align: center;"><b>Drop In Toddler and</b> <b>Baby Group</b> <b>Cuppa and a Chat</b> <b>9.30-11.00am</b> <b>Garnant Family Centre</b> <b>Kitchen Science Plus</b> <b>After School Group</b> <b>3.30-5.00pm</b> <b>Garnant Family Centre</b> <b>Community Garden</b></p>	<p style="text-align: center;"><b>Bumps to Babies Group</b> <b>9.30-11.30</b></p> <p style="text-align: center;"><b>Baby Massage</b> <b>1.00-2.00pm</b> <b>Please Book</b> <b>Garnant Family Centre</b></p>
18	19	20	21
<p><b>Closed For Training</b></p>	<p style="text-align: center;"><b>Secret Garden Group</b> <b>Outdoor and indoor Play</b> <b>Lunchclub</b> <b>10.00-1.00pm</b> <b>Garnant Family Centre</b> <b>Community Garden</b></p>	<p><b>Closed For Training</b></p>	<p style="text-align: center;"><b>Bumps to Babies Group</b> <b>9.30-11.30</b> <b>Baby Massage</b> <b>1.00-2.00pm</b> <b>Please Book</b> <b>Garnant Family Centre</b></p>
25	26	27	28
<p style="text-align: center;"><b>Toddler and Baby Group</b> <b>Different Play Activities</b> <b>Every Week</b> <b>Food</b> <b>1.00-2.30pm</b> <b>Garnant Family Centre</b></p>	<p style="text-align: center;"><b>Secret Garden Group</b> <b>Outdoor and indoor Play</b> <b>Lunchclub</b> <b>10.00-1.00pm</b> <b>Garnant Family Centre</b> <b>Community Garden</b></p>	<p style="text-align: center;"><b>Drop In Toddler and</b> <b>Baby Group</b> <b>Cuppa and a Chat</b> <b>9.30-11.00am</b> <b>Garnant Family Centre</b> <b>Kitchen Science Plus</b> <b>After School Group</b> <b>Garnant Family Centre</b> <b>Community Garden</b></p>	<p style="text-align: center;"><b>Bumps to Babies Group</b> <b>9.30-11.30</b></p>



CRONFA ARCHESGOB CYMRU  
ER BUDD PLANT

