



THE PARENT ROOMS @MYMY CASTLEWELLAN

TERM 1 ACTIVITIES

REGISTER [HTTPS://WWW.THEPARENTROOMS.CO.UK/PROGRAMMES/](https://www.theparentrooms.co.uk/programmes/)

	SEPT	OCT	NOV	DEC
WK 1	6th 10am Peer Support Group	4th 10am Peer Support Group 11am Sensory Support	1st 10am Peer Support Group 11am Sling Library	6th 10am Peer Support Group 11am Mini First Aid
WK 2	13th 10am Peer Support Group 11am Sensory Support	11th 10am Peer Support Group 11am Sling Library	8th 10am Peer Support Group 11am Sensory Support	13th 10am Peer Support Group 11am Sensory Support
WK 3	20th 10am Peer Support Group 11am Autumn Walk	18th 10am Peer Support Group 11am Mini First Aid	15th 10am Peer Support Group 11am Autumn Walk	20th 10am Christmas Sensory Celebration
WK 4	27th 10am Peer Support Group 11am Talk, Learn, Do - Parents, Kids & Money	25th 10am Halloween Sensory Celebration	22nd 10am Peer Support Group 11am Sensory Support	27th CLOSED
WK 5			29th 10am Peer Support Group 11am Talk, Learn, Do - Parents, kids & money	



The Parent Rooms



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Peer Support	Mondays 10am-11am with Carly Craig a trained peer support volunteer with lived experiences of mental illness in their parenting journey. FREE Friendly, welcoming and small sessions (max 8)
Sensory Support	Carly is an Early Years Specialist and in these FREE sessions you can ask questions about all things sensory! Infancy, preschool, primary school aged child development advice, information, and helpful strategies to support healthy physical, intellectual, language, emotional and social development.
Talk, Learn, Do - Parents, kids & money	FREE 2hr workshop for parents of 3 -11 year olds to help them avoid financial issues later on in their lives. The course is interactive and full of useful information and guidance. It explores the concepts of saving money, relevant to their age group and family situation.
Mini First Aid	With Caroline Boyd from Mini First Aid - this Baby & Child First Aid class covers CPR, Choking, Bumps, Burns, Breaks, Bleeding, Febrile Seizures and Meningitis Awareness and will give everyone who attends the peace of mind they deserve. 2hr class costs £20
Sling Library	Help, support and advice for babywearers in Northern Ireland! FREE Demonstrations with optional consultation, and sling hire (£10/ mth)
Autumn Walk	1hr FREE walking group /baby carry/ pram stroll leaving from MYMY Castlewellan at 11am to enjoy the local area during Autumn
Halloween/ Christmas Sensory Celebrations	2hr FREE family friendly sensory party! Dress up encouraged! Multisensory fun seasonal activities - includes refreshments