



FRC Programmes – September to November 2023

Day	Programme	Start Dates	Timeframe
Monday	Parent & Toddler Group – Playroom	9.45am – 11.45am	Ongoing
	Circle of Security – Ohana Room + Playroom	12.00pm – 2.00pm	18 th September – 13 th November
	Baby Massage – Rainbow Room	10.30am – 11.30am	18 th September – 16 th October
	Happy Hour Play Group - Kitchen	3.30pm – 4.30pm	Ongoing
	Working Things Out – Kitchen and Ohana Room	4.30pm – 7.00pm	18 th September - 13 th November
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Tuesday	Travellers Women’s Group – Kitchen + Playroom	10.30am – 12.30pm	Ongoing
	Additional Needs Playgroup (5+) Ohana and Playroom	3.30pm – 4.30pm	Ongoing
	Happy Hour Play Group – Rainbow Room	3.30pm – 4.30pm	Ongoing
	Strengthening Families Programme (Kitchen from 2.30pm and rest of the centre from 5.00pm)	2.30pm – 9.00pm	5 th September – 5 th December
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Wednesday	Circle of Security – (Foster Carers) Ohana Room + Playroom	10.00pm – 2.00pm	20 th September – 15 th November
	Healthy Rood Made Easy – Kitchen + Playroom	10.30am – 12.30pm	11 th October – 8 th November
	Additional Needs Playgroup (0-5) – (Every Second Wednesday) Ohana and Playroom	2.30am – 3.30pm	Ongoing
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Thursday	Parents Plus Early Years – Ohana and Playroom	10.30am – 12.30pm	28 th September – 26 th October
	Messy Play – Parent + child 2–5years – Kitchen	10am – 11am	Ongoing
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Friday	Non-Violent Resistance Programme – Online	10.30am – 12.30pm	Ongoing
	Nurture Corner	3.30pm – 4.30pm	22 nd September – 24 th October