

What's on this month

Every Day

Monday to Friday

8.00am - 4.00pm

Term time only

2-5 years

Monday to Friday

9.00am - 5.00pm

Starts 23/01/2017

16-25 years

Mondays

5.30pm - 7.00pm

Starts again 17/01/2017

Tuesdays

9.00am - 5.00pm

Term time only

10.00am - 12.00pm

Every other week:

17th & 31st January,

14th & 28th February

2.00pm - 3.00pm

First Tuesday of each

month: 7th February

7th March, 4th April,

2nd May, 6th June

4.30pm - 9.00pm

11-19 years

7.00pm - 9.00pm

Wednesdays

9.00am - 8.00pm

 **Counselling** Individual child and adult counselling, and group therapy sessions. Call us on 01704 380047 (Option 5) if you or a family member would like to see one of our counsellors.

9.30am - 11.30am

 **Special Time** A chance to meet other families whose children have additional needs, for help and support.

1.30pm - 3.30pm

Starts again 04/01/2017

Every other week:
4th & 18th January
1st & 15th February

4.30pm - 9.00pm

11-19 years

 **Digital Inclusion with Sefton@Work**

Help and support for jobseekers who need assistance using computers. For more details, telephone Sefton@Work on 0151 934 2610.

 **Youth Drop-in - £1 per session**

 Spend time with friends playing games, watching films or just chilling. Free wifi. Homework support available.

 **Tyred Rides - £1 per session**

 Bicycle maintenance project. Help refurbish rundown donated bikes to sell back to the local community.

5.00pm - 7.30pm

11-19 years

Thursdays

9.00am - 5.00pm

 **Counselling** Individual child and adult counselling, and group therapy sessions. Call us on 01704 380047 (Option 5) if you or a family member would like to see one of our counsellors.

4.00pm - 6.00pm

Term time only

6.00pm - 8.45pm

Term time only

8.00pm - 10.00pm

Starts again 12/01/2017

 **Sefton Young Carers** Support group for children and young people who care for a family member.

Telephone 0151 702 5502 for more information.

 **Aiming High** Youth group for children and young people with disabilities. Telephone 0151 288 6811 for more details on how to attend.

 **Sefton Writers' Circle** Encouraging writing and writers of every kind! Come and join & share your work! Visit www.swconline.co.uk for more details.

Fridays

10.00am - 1.00pm

 **Sefton Credit Union** Telephone SCU on 0151 928 9471 for more details.

10.00am - 1.00pm

 **Help & Advice for Non-English Speakers** An opportunity for members of the Black & Minority Ethnic community to receive information and advice on health and legal matters, or help to access other services. Telephone Bobby Brennan at Sefton CVS on 0151 928 2233 (extension 209) for more information.

 **Sefton Shared Reading Group** Listen, relax, and have a chat. The group is free and informal - join in as often as the mood takes. There's no need to read anything at home as everything will be read aloud during the session. For more information call Anne-Marie at Sefton CVS on 0151 928 2233 ext 220.

4.00pm - 5.00pm

7-11 years

 **Friday Art Club (7-11 years)**

 Promoting health and wellbeing through arts and crafts.

5.00pm - 6.00pm

11-19 years

 **Friday Art Club (11-19 years)**

 Promoting health and wellbeing through arts and crafts.

6.00pm - 9.00pm

11-19 years

 **Youth Drop-in - £1 per session**

 Spend time with friends playing games, watching films or just chilling. Free wifi. Homework support available.

If you're experiencing issues with domestic violence, please speak to a member of staff who will help you to access support.

Key to symbols:

-  **Need to book** (See activity for details)
-  **Drop-in**
-  **Run by Parenting 2000**
-  **Alchemy Youth (11-19yrs)**
-  **Children's Activities** (See activity for age range)

Services

Therapeutic Services

Our registered therapists offer a range of holistic and therapeutic support programmes for people from all walks of life. Access to counselling and individual support for children (from 6yrs), teenagers and families can be made via self referral by telephoning us on 01704 380047 (Option 5) or from your GP. More information can be found in our Therapeutic Services leaflet.



Healthy Start Vitamins

HEALTHY START

Collect your vitamin tablets and drops from reception throughout the week - don't forget to bring along your yellow vitamin card with you! Application forms for free vitamins also available.

Youth Drop-ins

Various activities and groups throughout the week for young people aged 11-19 years. See overleaf for details of sessions. For more information please call Emma Weston (Youth & Community Lead) on 01704 380047 (Option 6) or 07834 524987.



Sefton C-Card

Contraception, sexual health advice and support for 14-19 year olds. You can access this service each day (registration and pickup) at main reception, or during the youth sessions run in Alchemy.



School Uniform Bank

We have a large selection of pre-loved and out grown uniform available for FREE! Telephone Emma Weston on 01704 380047 (Option 6) or 07834 524987. Donations are currently on hold due to high stock levels.



General Information

Opening Times

The main office & reception is staffed during the following hours.

Monday & Tuesday	8.30am - 4.30pm
Wednesday & Thursday	9.00am - 5.00pm
Friday	9.00am - 4.00pm
Weekends & Bank Holidays	Closed

Room Hire

We have various rooms throughout The Lodge and Alchemy that are suitable for groups and one-to-one sessions on a short or long term basis at negotiable prices. For more information, pop into the centre, or call us on 01704 380047.

Parenting 2000 Southport Centre

What's going on at P2K from January 2017

Drop-ins

Youth Activities

Clinics, Groups & Classes

Help, Support & Advice

Counselling

Play Sessions

Parenting 2000

The Lodge,
Mornington Road,
Southport, PR9 0TS
T: 01704 380047
F: 01704 535354

12 Alexandra Mount,
Litherland, Liverpool,
L21 7PN
T: 0151 920 7137

58 Coronation Road,
Crosby, Liverpool,
L23 5RQ
T: 0151 932 1163

W: www.parenting2000.org.uk E: info@parenting2000.org.uk

Find us on Social Media



Parenting 2000 and our Alchemy Youth and Tyred Rides projects are on Facebook...
Q Parenting2000 Q AlchemyYouth Q TyredRides



Alchemy Youth is also on Twitter...
Southport: @AlchemyYouth Crosby: @AlchemyCrosby

Parenting 2000 is a registered charity (no. 1042989) & company limited by guarantee (no. 2997217). Registered office:
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