

# ites for Mums

@ Coniston Community Centre

**10-11am Thursdays**

starting 27<sup>th</sup> November (closed 18th Dec to 8th January)

**Why not stay for a chat afterwards!**

**£3 per week (a subsidised rate)  
+ donations for drinks**

**Baby friendly session, wear comfort-  
able clothing, bring a mat for yourself  
and one for your baby too!**

**Children 2yrs plus can go to Little Sunbeams  
Nursery, approx £3.70 per child for one hour**



**For further information contact  
Coniston Community Worker on  
01454 868570, or email**

