

# Groups for expectant and new parents

Drop-In groups are also available at centres throughout the week. See our timetable at [pengreen.org](http://pengreen.org) for more information.



Pen Green Centre for Children and Families  
Pen Green Lane, Corby NN17 1BJ  
01536 400068



Kingswood Children's Centre  
Alberta Close, Corby NN18 9HU  
01536 747508



Exeter Children's Centre  
Brayford Avenue, Corby NN18 8DL  
01536 204765



Woodnewton Children's Centre  
Rowlett Rd, Corby NN17 2NU  
01536 265173

# Groups for expectant and new parents Corby Children's Centres



- PenGreen\_Corby
- Pen Green Centre
- Kingswood Children's Centre
- Exeter Children's Centre
- Woodnewton Childrens-Centre

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## **Baby Massage**

**Tuesday 1pm to 2:30pm at Kingswood**

**Wednesday 10:30am to 11:30am at Exeter**

**Thursday 10 to 11:30am at Pen Green**

This group is a great way to meet and socialise with other parents. You and your baby can spend some special time together learning relaxing massage techniques. We aim to cover all of the body parts so that you can incorporate massage at home with your baby. Massage includes techniques which helps with colic and constipation.

## **Baby Self Weigh**

**Monday at Kingswood 10 - 11:30am**

**Available at Drop-In sessions at Pen Green throughout the week**

Come and weigh your baby with a member of our team.

## **Breastfeeding Support**

**Monday at Pen Green 12:00 - 2:00pm**

The Breastfeeding group, is a place that offers time and space for women and their families to access a supportive environment where they can explore any worries or concerns they may have in relation to breastfeeding.

## **GAP (Getting Ahead of Postnatal Depression)**

**Monday at Pen Green 1pm - 2:30pm**

A group for women who are experiencing post natal depression or distress. This is a closed group run by highly qualified staff who can offer advice and guidance. A crèche is available.

## **Young Parents Drop-In**

**Tuesday at Pen Green 10 - 3pm**

The young parents (under 25) drop-in at Pen Green offers a safe and friendly environment to meet with other parents and share experiences, recognising that education begins at birth and respecting the key role that young parents play as their child's first educators.

## **Great Expectations**

**Wednesday at Pen Green 1 - 2:30pm**

A group for women who are at least 20 weeks pregnant. This is an opportunity to share experiences of being pregnant, to get support with difficulties and challenges, to plan for the birth they want and share the first few months of their relationship with their new baby.

## **Growing Together**

**Wednesday at Kingswood 1 - 2:30pm**

**Friday at Pen Green 10 - 11:30am**

For children from birth to 3 years old. The group provides you with the opportunity to engage and play alongside your child. Our aim is to encourage reflective parenting, and for parents to learn more about their child's interests by thinking about how their child is developing and communicating. For parents, this group is also a platform to share your experiences with staff and other families, increasing your confidence in parenting.

## **NorPIP**

**Tuesdays, Wednesdays & Thursdays at Pen Green**

**(appointment only)**

NorPIP (Northamptonshire Parent Infant Partnership) offer families at Pen Green counselling facilities. The psychotherapeutic interventions are for parents and their child (from pregnancy to 2 years).

## **Premature Babies**

**Thursday at Kingswood 1 - 2:30pm**

A clean, safe environment for premature babies from birth to crawling. This group offers families the chance to form social networks outside of the often complex medical world. Alongside conversation and a cuppa, we are able to offer the use of our Snoezelen (sensory light room), baby massage and a neonatal health visitor.

## **Social Babies**

**Monday at Kingswood 10 - 11:30am**

This is a group for parents/ carers and their babies to attend where you can explore your baby's relationship with you and other babies within the group. This group supports you to discover your baby's unique amazing abilities and includes Baby Self Weigh.

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