



MEET
CHAT
LEARN with
tiny lives
SPECIAL
CARE BABIES

TINY LIVES PRESENTS

Meet, Chat, Learn Programme

September - October 2019

Boogie Bairns

Booking Needed
11.30am - 12.30pm

Friday 6th Sept

Baby Massage

4 Week Course

Booking Needed
10.00am - 11.00am

Tuesday 17th Sept

Tuesday 24th Sept

Tuesday 1st October

Tuesday 8th October

Mindfulness Course

6 Week Course

Booking Needed
10.00am - 11.30am

Thursday 3rd October

Thursday 10th October

Thursday 17th October

Thursday 24th October

Thursday 31st October

Thursday 7th November

Tiny Lives Meet - Up

Drop In
10.00am - 12.00pm

Saturday 7th Sept
Monday 9th Sept

**Taking Care of You:
Self Care Workshop**

Booking Needed
10.00am - 12.00pm

Saturday 21st Sept

**Introduction to
Mindfulness**

Booking Needed
10.00am - 2.00pm

Saturday 28th Sept

Tiny Lives Meet - Up

Drop In
10.00am - 12.00pm

Saturday 5th October
Monday 14th October

All sessions are held at the Tiny Lives Office: 19 Amethyst Rd,
Newcastle Business Park, NE4 7YL.

Age restrictions may apply to some activities, please see
tinylives.org.uk/meetchatlearn for more information.

To book or for more info, please email jacqui@tinylives.org.uk