



What's on at the Leavesden Green Hub?



Lyrik Theatre Arts – Performing arts classes for children with SEND, Thursdays 4.10-5.10pm
Come and join our Lyrik family with inclusive performing arts classes that provide a fun and safe space for your child to take part in singing, dance and drama; helping to improve their confidence and communication, and their social and gross motor skills.
Book your free trial at www.lyriktheatrearts.com or email Kim at lyriktheatrearts@gmail.com




Lighthouse cafe coffee morning – Mondays 10am-12pm (term-time only)
Come along to enjoy a coffee and slice of cake with friends – or to make some new ones!



Tai Chi – Saturdays 11.15am-12.45pm
Come along to relax, recharge and learn this ancient, moving meditation. All abilities are welcome. Contact Julie at julie@leestyletaichi.co.uk or **07958 777 026** for more information and bookings, or just drop by and give it a try!




Tae Kwon Do – various classes and age ranges
Tae Kwon Do is a traditional Korean martial art that teaches self-defence and discipline. Find out more by calling **07930 368 240** or by emailing leventistaylor65@sky.com



Yoga with Steve – Sundays 8-9am
Join Steve for a class suitable for all levels! Find out more by emailing stephenaheath@ntlworld.com or by calling **07701 086 042**.



Parallel Lives Programme CIC
Free co-parenting and unhealthy relationship programmes for men and women, offering advice and support from peers and professionals. Please call **07376 244 719**, email info@parallellives.org.uk or visit www.parallellives.org.uk




Services for Young People – Tuesdays 6-8pm (term-time only)
Services for Young People offers an opportunity to spend time in a positive environment and develop skills with your friends. Everyone is welcome! Visit www.servicesforyoungpeople.org to find out more.



Family fun – Thursday afternoons from 1-2.30pm
Free drop-in sessions – no need to book! Meet other families with young children and babies in a supportive, stimulating and friendly environment. For more information on what the Family Centre Service has to offer, please visit www.hertsfamilycentres.org or call **03001 237 572**.



Little Blossom Nursery
For all enquiries please contact **07939 948 237** or email littleblossomnurseryleavesden@outlook.com



BeeZee Families – Wednesdays 5.30-7.30pm
Free 12-week Course for families to get active and learn about nutrition together to kickstart a healthier lifestyle. For more information, visit their website at www.beezeebodies.com