

Health Advice Drop In for 5-19 year olds

Drop In sessions at your local Family Hub to get advice and support for your school aged child with a member of our school health team, where you can discuss things which may be concerning you.

Areas of support

- Diet / Nutritional support
- Improving sleep
- Day and night wetting
- Behavioural concerns
- Support with emotional health and wellbeing and regulation
- Personal hygiene
- Sexual health
- Health needs assessment
- Managing health conditions
- And much more- signposting, advice, and support.

T: 0300 247 0014

www.essexfamilywellbeing.co.uk

Last Tuesday of the month

(term time only) **2.45pm-4pm**

Location: 'The School House',
Moulsham Jr School, CM2 9DG

Every Weds **3.30pm-4.45pm**

Location: Chelmsford Central
Family Hub, CM1 1QH

2nd & 4th Thurs **3pm-4.30pm**

Location: Chetwood Family
Hub, CM3 5ZX

Every Friday **2.30pm-4.45pm**

Location: Chelmsford West
Family Hub, CM1 2AQ

Commissioned by