



# Parent Workshops

**Mondays**

**9.30am-10.30am**

**@ Chelmsford Family Hub, Lower Ground Floor, County Hall, Chelmsford, CM1 1QH**

A range of workshops available for parents/ carers of 0-5 year olds.

Workshop 1: Sleep hygiene	1 <sup>st</sup> Monday of the month
Workshop 2: Toilet training	2 <sup>nd</sup> Monday of the month
Workshop 3: Fussy eating	3 <sup>rd</sup> Monday of the month
Workshop 4: Behaviour	4 <sup>th</sup> Monday of the month

(adult only workshops)

Please call 0300 247 0014 (opt 2) for more information or to book a space.

Services commissioned by: