



4-19 Health Drop In Sessions

Drop in sessions across Chelmsford to gain support and advice for your 4-19 year old around a number of topics/ issues which may be concerning you, including;

- Day and night wetting
- Hearing and vision
- Weight and dietary issues
- General physical and emotional health problems
- Sleep/behavioural concerns
- Parenting concerns

Location: Chelmsford West Delivery Site, Dixon Avenue, CM1 2AQ

Time: 3.15pm- 4.30pm

Dates: 2nd and 4th Tuesday of the month

Location: The School House (opposite Moulsham Junior School), Princes Road, CM2 9DG

Time: 3.15pm- 4.15pm

Dates: 1st Wednesday of the month (term time only)

Location: St Michaels Junior School, Galleywood, CM2 8RR

Time: 2.00pm – 3.00pm

Dates: 2nd Wednesday of the month (term time only)

For further information call: 0300 247 0014

www.essexfamilywellbeing.co.uk

Services commissioned by: