

Health Advice Drop-in for 5-19 year olds

Come along to a community based drop-in session to get advice and support for your school aged child with a member of our school health team. Opportunity to discuss things which may be concerning you.

Areas of support

- Managing worries, low mood, stress or anger issues
- Bullying and friendship issues
- Diet / Nutritional support
- Improving sleep
- Day and night wetting
- Behavioural concerns
- Personal hygiene
- Sexual health
- Information and signposting regarding medical conditions

Day: Every Tuesday
Starts 5th November 2024
(term time only)

Time: 2.30pm–4.30pm

Location: Writtle Infants School,
Lodge Road, Writtle,
Chelmsford, CM1 3HZ

No booking needed- just pop in. Open to all families.

Follow signs from school reception to the Drop In.

T: 0300 247 0014

www.essexfamilywellbeing.co.uk

Commissioned by