

Coast to Calm

NEW WELLBEING GROUP

A coastal themed 10-week wellbeing programme for parents and children under 5 by Home-Start Essex

If you're experiencing stress, anxiety and want to meet other parents, come along to our Coast to Calm group.

Includes conversations about self care and wellbeing, creative activities and gentle walks in a non judgemental and supportive space.

A chance to reconnect with nature and breathe.

To join, get in touch on 01245 847410
or email info@home-startessex.org.uk
to find out more information

