



Parent Workshops

Wednesdays

10am-11am

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

A range of workshops available for parents/ carers of 5-19 year olds.

Workshop 1: SEND- Support/information	26 th February / 22 nd April
Workshop 2: Puberty/growing up	4 th March / 29 th April
Workshop 3: Healthy/Fussy eating	11 th March / 6 May
Workshop 4: Enuresis/Bed wetting	18 th March / 13 May
Workshop 5: Parenting strategies	25 th March / 20 th May
Workshop 6: Anxiety/Self-esteem	1 st April / 3 rd June

(Adult only workshops – No crèche facilities)

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

Services commissioned by: