



FAMILY LEARNING



Workshops to support you!

The Emotional Wellbeing (for parents of children 8-11yrs and 11+) will help you to:

- understand anxiety and emotional wellbeing in children
- develop emotional intelligence/social and emotional resilience
- find out services/support is available locally/nationally

ADULT ONLY WORKSHOP

Chelmsford: Chelmsford West Delivery Site, Dixon Ave, CM1 2AQ

Emotional Wellbeing (for parents of children 8-11yrs)	Wednesday 12 th Feb 2020	1:00-3:00pm
Emotional Wellbeing (for parents of children 11+)	Tuesday 3 rd March 2020	9:30-11:30am

Braintree: Carousel Family Hub, Chapel Hill, CM7 3QZ

Emotional Wellbeing (for parents of children 8-11yrs)	Monday 2 nd March 2020	6:00-8:00pm
Emotional Wellbeing (for parents of children 11+)	Tuesday 25 th Feb 2020	6:00-8:00pm

Maldon: Maldon ACL Centre, White Horse Lane, CM9 5FW

Emotional Wellbeing (8-11yrs)	Monday 24 th Feb 2020	10:00am-12:00pm
Emotional Wellbeing (11+)	Monday 9 th March 2020	7:00-9:00pm

For more information or to book on please call the Essex Child and Family Wellbeing Service on 0300 247 0014 (8am-6pm Monday-Friday)

