



FAMILY LEARNING



Understanding Self-harm

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

Tuesday 11th February 2020 from 10:00am-12:00pm

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

Monday 24th February 2020 from 6:00-8:00pm

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

Friday 14th February 2020 from 12:30-2:30pm

This workshop will help you with understanding how to support your child/teenager.

- Understand self-harm
- Understand how to parent when you are “walking on eggshells”
- Find out what services/support is available locally/nationally

An opportunity to discuss concerns and worries you may have on this FREE workshop!

To book your place or for more information please contact the Essex Child and Family Wellbeing Service- 0300 247 0014 (Mon-Fri 8am-6pm)

