



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