

# PHEW!

## Parenting Help for Emotional Wellbeing

Is your child experiencing anxiety? Do you live with a teenager who is low in mood? The Essex Child and Family Wellbeing service are offering a one off 30 minute virtual appointment for you to discuss your current challenges and offer strategies to best support your child or young person (6yrs-18yrs old). We can signpost you to online resources and recommend services that best support your child or young person's needs.

Thursday 8<sup>th</sup> April 2021 – 4:00pm – 6:00pm

Monday 12<sup>th</sup> April 2021 – 10:00am – 12:00pm

Please call 0300 247 0013 to book your 30min slot.



Services commissioned by:

