

# Health Advice Drop-in for 5-19 year olds

**Monday, 13th October, 10th November & 8th December**  
**3.30 - 4.30pm**

**Dunmow Library** 47 White Hart Way, Great Dunmow CM6 1FS

Drop-in sessions for parents/carers and young people to get advice and support for school aged child with a member of our school health team, where you can discuss things which may be concerning you. No booking needed.

## Areas of support

- Managing worries, low mood, stress or anger issues
- Bullying and friendship issues
- Diet / Nutritional support
- Improving sleep
- Day and night wetting
- Behavioural concerns
- Personal hygiene
- Sexual health
- Information and signposting regarding medical conditions

**t:** 0300 247 0122

**w:** [essexfamilywellbeing.co.uk](http://essexfamilywellbeing.co.uk)

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