



## 4-19 Health Drop In Sessions

Drop in sessions across Maldon and Burnham to gain support and advice for your 4-19 year old around a number of topics/ issues which may be concerning you, including;

- Day and night wetting
- Hearing and vision tests
- Weight and dietary issues
- General physical and emotional health problems
- Sleep/behavioural concerns
- Parenting concerns

**Location:** Burnham Children Centre ( opposite Ormiston Rivers Academy )

**Time:** 3.30pm – 4.30pm

**Day:** Monday ( term time only)

**Dates:** 4<sup>th</sup> ,18<sup>th</sup> March. 1<sup>st</sup> April. 20<sup>th</sup> May .3<sup>rd</sup> ,17<sup>th</sup> June. 8<sup>th</sup> , 22<sup>nd</sup> July

**Location:** Footsteps Room .2<sup>nd</sup> floor Carmelite House ,White Horse Lane, Maldon CM9 5FW (ACL Building)

**Day:** Wednesday ( term time Only)

**Time:** 3.30pm- 4.30pm

**Dates:** 13<sup>th</sup>,27<sup>th</sup> March. 15<sup>th</sup> May. 12<sup>th</sup>,26<sup>th</sup> June. 17<sup>th</sup> July.

For further information call: 01621 272061

Services commissioned by: