

School Age Health Advice – Drop in Sessions at Maldon Library 3.00–4.30pm*

(*available both during and out of term time)

Need a friendly ear? Would you like some advice on issues you are worried about, including emotional wellbeing, healthy relationships, lifestyle, sleep etc. Perhaps you just need some options on what to do, where to go next or who to ask.

Come along to Maldon Library on the 1st, 3rd and 5th Tuesday of each month when a Family Health Practitioner will be available to chat to.

Upcoming drop-in sessions at Maldon Library:

15 and 29 July

5 and 19 Aug

2, 16 and 30 Sep



www.essexfamilywellbeing.co.uk



0300 2470014



Maldon Family Hub – Maldon District



Maldon Family Hub
Maldon Library
Carmelite Way, Maldon
CM9 5FW
Monday to Friday 9 - 5pm



t: 0300 2470014