

## NEW WELLBEING GROUP

Are you suffering with anxiety, stress or low mood?  
Home-Start Essex have groups running in your area to  
help with your wellbeing.

These groups run over 6 weeks and are all about  
supporting you to feel better.

The groups are a non-judgemental, safe and supportive  
place where you can meet others feeling similar.

It's okay to not to be okay.  
You are not alone, we can help.

To get in touch please call 01245 847410  
or email [info@home-startessex.org.uk](mailto:info@home-startessex.org.uk)  
to find out more information



# Chelmsford Wellbeing Group

AT TRINITY METHODIST CHURCH, RAINSFORD ROAD  
FOR MUMS WITH CHILDREN UNDER 5  
**A CRECHE IS PROVIDED**

WEDNESDAY MORNINGS FROM 15<sup>TH</sup> SEPTEMBER 2021 AT 10-11AM.  
6 WEEK COURSE TO HELP MANAGE STRESS AND ANXIETY.

**COURSE COMPLETION INCLUDES A WELLNESS BUNDLE WORTH £25!**

LIMITED SPACES. PLEASE CALL 01245 847410 OR EMAIL [INFO@HOME-STARTESSEX.ORG.UK](mailto:INFO@HOME-STARTESSEX.ORG.UK)