



**Essex**



## **NEW WELLBEING GROUP**



For parents with children aged 0-5  
Are you experiencing anxiety, stress or low mood?  
Home-Start Essex have a group running in the  
MALDON area to help with your wellbeing.  
This online group runs over 5 weeks (with one face  
to face meet up) and is all about supporting you to  
feel better.

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

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It's okay to not be okay.  
You are not alone, we can help.  
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To join, get in touch on 01245 847410  
or email [info@home-startessex.org.uk](mailto:info@home-startessex.org.uk)  
to find out more information



CHARITY NO. 1170940