

## Special Events

For information about any of the activities or events please contact  
**Maggie Hyam on 07825 505626 or Paula Burns on 07584 023537**

**Baby Massage** - a 5 week course (Thursday 10 - 11.30 am) to promote relaxation and infant parent attachment commencing 9<sup>th</sup> June 2011 in The Sunflower Children's Centre in Broomfield Library.

**Family Support** - Being a parent is one of the most challenging yet rewarding journeys we will make. Our Family Outreach Workers offer information, advice and guidance on a variety of issues such as positive parenting, behaviour management, boundary setting, confidence building and child development. They can support families through life's changes such as the birth of a new baby, settling into school or pre school, or through the financial worries many of us are facing. They offer information and support to those wanting to return to work or education, or they can simply be a listening ear. For more information please contact our Family outreach workers **Angie Berry 07917 604974 or Wendy Preedy 07824 995006**

**Women's Aid** - On the 3rd Monday of each month one of the team from Women's Aid will be present at our Pop in and Play on Mondays between 9 a.m and 12 noon. They can offer you non-judgemental advice and support if your relationship is abusive in any way at all or if you want to ask advice on behalf of a loved one. Women's Aid can also be found at sessions in other areas.

**Breastfeeding support** - On the 4th Friday of March, April, May and June we are pleased to announce that we will have a representative from the NCT (National Childbirth Trust) present in the clinic to offer you breastfeeding advice/help if you would like it.



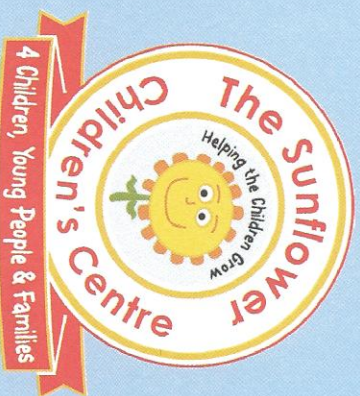
www.4children.org.uk

Sunflower Children's Centre, Broomfield Library,  
180 Main Road, Chelmsford, CM1 7AH

If you would like to get involved in the Children's Centre or have any ideas of groups or services you and your family would like to access, please let us know.

**Opening Times: Monday - Friday 9.00am - 5.00pm**  
**Phone: 07584 023537**

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4 Children, Young People & Families

## What's on at your local Children's Centre

Your local children's centre provides a range of activities and services for you and your family. This is a programme of what your children's centre currently offers. Please have a look and if you need any further information, drop into your local children's centre or give us a call where a member of staff will be happy to help.



Sure Start

Essex County Council

