



Join like minded parents to help you to feel good!

There will be refreshments, activities and monthly guest speakers to help you improve your emotional wellbeing.

Every Friday
Jaywick Community Resource Centre
10am—11.30am

For more info contact EXTRA on **01255 475001** or just drop in anytime.



Email: admin@extrasupportforfamilies.co.uk

www.extrasupportforfamilies.co.uk



extra SUPPORT FOR FAMILIES

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Registered in England No: 1158891

Currently funded by:



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