

# Relaxed play group

A fun drop in play group for 0-8 year olds, aimed at children who may benefit from a calmer environment and supportive of children who may experience sensory overload. Inclusive session for children who may have a special educational need and/ or disability- no diagnosis needed.

**Time:** 3.30pm-4.30pm

**Dates:** 1st and 3rd Tuesday of the month.  
(Upcoming dates: 2nd & 16th Jan, 6th & 20th Feb, 5th & 19th March 2024)

**Location:** Chelmsford West Family Hub, Dixon Avenue, CM1 2AQ

Free admission and no booking needed.

If you have any questions or would like to speak to a staff member about accessibility needs prior to attending, please give us a call.

**t:** 0300 247 0014

**w:** [www.essexfamilywellbeing.co.uk](http://www.essexfamilywellbeing.co.uk)

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