



# Join us at your School Nurse Hub for parents

We provide confidential, professional support with any concerns you may have for your child including healthy lifestyle, diet and exercise, self-esteem and resilience, sleep, dental health and hygiene, anxiety and behaviour

Drop in for an informal chat or take the opportunity to meet other parents with similar worries

**Your local hub:** Charlton Kings Junior School, GL53 8QE

- 07/02/2024 from 09:30 - 10:30
- <https://www.ghc.nhs.uk/our-teams-and-services/children-and-young-people/physical-health/school-nursing/hubs/>

