

The **Mental Health Support Team (MHST)** in Ellesmere Port offer **evidence based intervention groups for parents** of children who are experiencing **anxiety or behaviour problems**

To find out more about what we offer and ask any questions you may have, please come to one of our

# Parent Coffee Drop-ins

**Tuesday 15th October**  
9.30-11.30am or 1-2.30pm

**Wednesday 16th October**  
9.30-11.30am

**Venue:**  
**Kingsley Resource Centre**  
Coronation Road,  
Ellesmere Port  
CH65 9AA

We look forward to meeting you!

For further information email:  
[cwp.cheshiremhstadmin@nhs.net](mailto:cwp.cheshiremhstadmin@nhs.net)