

mind in West Essex

Children & Young People's Mental Health Support Team - Harlow

FAMILY WELLBEING FUN IN THE PARK



FREE fun family activities!



When: every Tuesday and Thursday throughout the school summer holidays
(26 July – 25 August 2022 – weather permitting)

Time: 10am – 3pm

Meeting point: Harlow Town Park
Near the bandstand!

[Harlow Town Park - Google Maps](#)



Everybody welcome! No booking necessary!
(Children under 14 will need to be accompanied by an adult)

Come and sign in with us and collect your free handout for the day's activity. Wander the beautiful town park with your family and friends completing the tasks as you go. Return to the meeting point within the time allocation – prizes available!

Trained staff will be at the bandstand to discuss basic mental health topics as requested.

For further enquiries please contact mhstharlow@mindinwestessex.org.uk



Department
for Education

