B3 LIVING

in partnership with

CHEXS
COMMUNITY HOME ENRICHMENT XTRA-MILE SUPPORT

Support for B3Living residents



Friendly, practical support for you and your family

If you need a listening ear, helpful advice or practical support around family life, CHEXS is here in partnership with B3Living.

- Money management and budgeting
- Parenting a child with SEND
- Emotionally Based School Non-Attendance (EBSNA)
- Healthy lunches and routines
- Parenting support and advice
- Emotional wellbeing and a listening ear
- Family relationships and communication
- Signposting to local help and support

Self-referral welcome

Scan to complete our self-referral form.

A quick - 5 minute form.

General enquiries:
07970 498966

A support service built for our community — helping our community create better futures.

Delivered by CHEXS
in partnership with B3Living.

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Parenting Unplugged



Upcoming sessions

Practical, welcoming sessions for parents and carers. Come along, meet others and pick up ideas, support and advice.

19 OCT — **19 October**
SEND parenting

9 NOV — **9 November**
SEND parenting

7 DEC — **7 December**
Parental mental health

Book onto the courses using the Eventbrite QR code

www.chexs.co.uk/contact-us/

Self-referral welcome

CHEXS can help with

- Parenting support
- SEND and school worries
- Emotional wellbeing
- Family communication
- Healthy routines

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