

# The Rowans and Sycamores Children's Centre



**We all have times in our lives when we need help  
and support**

**Please don't feel alone-help is at hand**

**Confidential, independent support is available for  
families with children under five. Services can be  
adapted to meet individual needs, including:**

**Child Behaviour Management, Anxiety, Isolation,  
Stress, Benefits, Information and Advice**

**Contact the Family Support Outreach Worker**

**Kathy Mason**

**@ The Rowans Children's Centre**

**We can provide outreach support for families in the  
areas of Wildridings, Easthampstead, Crown Wood,  
Harmans Water, Forest Park and Martins Heron**

**Telephone 01344 312800 or pop into The Rowans  
Children's Centre**

**The Rowans and Sycamores Children's Centre  
Pondmoor Road, Easthampsted. RG12 7JZ  
01344 312800**

**find us on facebook**