

WORKSHOPS FOR PARENTS/CARERS SUPPORTING CHILDREN AND YOUNG PEOPLE WITH THEIR MENTAL HEALTH



16TH MAY

FREE TO ANY
PARENT/CARER
LIVING IN
SUSSEX

5 WORKSHOPS AVAILABLE COVERING:

- > Anxiety
- > Sleep
- > Managing self-harm and suicidal thoughts
- > Autism and challenging behaviour
- > Eating disorders

Workshops will be delivered on

16TH MAY AT 9:30AM, 12:30PM AND 7PM

Workshops last 90 minutes and have a 15 minute
Q&A session (pre-sent questions only)

WANT TO BOOK YOUR TICKETS?

Scan here:



Or visit:

<https://bit.ly/3LvABw5>

FREE DIGITAL GOODY
BAG OF RESOURCES
AND INFORMATION FOR
EACH ATTENDEE

NEED TO GET IN TOUCH?

If you have any questions, please email: Melissa.Baitmansour@spft.nhs.uk

Delivered by **Sussex Child & Adolescent Mental Health Services (CAMHS)**