

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



16<sup>TH</sup> 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

16<sup>TH</sup> 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](mailto:Melissa.Baitmansour@spft.nhs.uk)

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