

HOW TO COPE WHEN YOUR CHILD CANT

Four one-day events focused on parents/carers understanding their own needs, and learning strategies to look after themselves as they support a young person with their own mental health needs.

Each morning session will focus on different topics - further details can be found on our website.

The afternoon session will focus on How to Feel Better as a Parent in Burnout.

Tickets £25
Tea, coffee
and lunch
included

For more information and to book a place go to:
www.hampshirecamhs.nhs.uk/events/

Thursday, 30 January 2025
9.30am - 3.15pm

Proteus Creation Space,
Council Rd, Basingstoke
RG21 3DH

Thursday, 8 May 2025
9.30am - 3.15pm

St Peter's Catholic Church
Conference Centre, Jewry St,
Winchester SO23 8RY

Thursday, 23 October 2025
9.30am - 3.15pm

Colbury Memorial Hall,
133 Main Rd, Totton,
Southampton SO40 7EL

Tuesday, 2 December 2025
9.30am - 3.15pm

Waterlooville Community Centre,
10 Maurepas Way, Waterlooville,
PO7 7AY