



Child & Adolescent Mental Health Service
Virtual Workshops for Parents and Carers

The following online workshop is now available to book on to, which will be delivered live and free of charge via Microsoft teams for parents and carers in Teesside.

Understanding Anxiety
Monday 25th January 2021, 10am-11am

Understanding Anxiety:

We will explore what may contribute to children and young people's anxiety and look at how we can build their resilience. We will also consider what help and support young people experiencing anxiety may need.

To access the CAMHS parents and carers workshops, please contact:
TEWV.CAMHS-Training@nhs.net

And provide the following information:

- Which workshop(s) you would like to access
- Your name
- Email address
- Which locality you live
- The school(s) your child(ren) attend
- Age(s) of your child(ren)

Please see our webpage
www.TEWV.nhs.uk/CAMHSTraining
for more workshops becoming available!