

Virtual parent/carer information sessions

Learn more about how you can support your child's wellbeing and mental health through childhood, the teenage years and beyond. Join the **CAMHS Future in Mind Mental Health Support Team** for our virtual information sessions.



Wellbeing Superstars – suitable for parents / carers of children and young people of all ages

Tuesday 29th July 10:00am - 11:30am

Monday 04th August 3:00pm - 4.30pm

Learn about common childhood worries, how to support the early warning signs that your child may be struggling and gain strategies and tips on how you can support your child's wellbeing.



Sleep Success – suitable for parents / carers of children and young people of all ages

Wednesday 30th July 10:00am - 11:30am

Tuesday 05th August 3:00pm - 4.30pm

Learn all about children's sleep and the amazing benefits of sleeping well for your child now and as they get older. Learn helpful practical strategies to ensure that your child (and you) gets a better night's sleep.



Parent Information Sessions
Expression of Interest



Please scan the QR code to register your interest.
We will share the invite and joining link with you

With **all of us** in mind.