

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

**Thursday 25th July 12pm-1:30pm or
Thursday 08th August 12pm-1.30pm**

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

Thursday 1st August 12pm-1:30pm

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.



Scan the QR code to register your interest and an invite will be sent including the joining link

Parent Information Sessions
Expression of Interest



With **all of us** in mind.