

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



FREE TO ANY
PARENT/CARER
LIVING IN
SUSSEX

- 19TH OCTOBER ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)
- 8TH NOVEMBER BUILDING SELF-ESTEEM AND RESILIENCE
- 13TH DECEMBER DEPRESSION
- 17TH JANUARY OBSESSIVE COMPULSIVE DISORDER (OCD)

Sussex CAMHS and Partner Organisations are offering a rolling programme of webinars for parents/carers who are supporting children and young people with their mental health

Each webinar will take place at 10am and 7pm and will run for 90-120 minutes

SCAN
HERE



WANT TO BOOK YOUR TICKETS?

Or visit:

<https://ticketlab.co.uk/series/id/1081/Sussex-CAMHS-ParentCarer-Webinars#/>

NEED TO GET IN TOUCH?

If you have any questions, please email: CAMHSParticipationTeam@spft.nhs.uk

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