

HOW TO COPE WHEN YOUR CHILD CANT

A one-day event focused on parents/carers understanding their own needs and learning strategies to look after themselves as they support a child struggling with their own mental health.

Keynote speakers, Professor Roz Sharan, Dr Alice Welham and Ursula Saunders authors of "How to cope when your child cant"

An afternoon session of Gentle somatic movement, stretching, embodied meditation & mindfulness, deep relaxation & community connection. Led by Chameleon Coaching

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

Thursday 25th April 2024, St Peters Church,
Jewry St, Winchester SO23 8RY

First 20 bookings get a free parent
manual worth £10

TICKETS £25
includes tea,
coffee and
lunch