

PARENT SUPPORT PROGRAMME

2024

Thursday 11th January
'Adolescence'

Thursday 14th March
'Anxiety Management'

Thursday 2nd May
'Neurodiversity'

Thursday 4th July
'Building Confidence,
Resilience & Self-Esteem'

Thursday 3rd October
'School Transitions'



WYC, in partnership with Solent Mind, delivers sessions on a variety of topics for parents/carers who support young people aged 11-25yrs in the Winchester district. The sessions will be delivered by clinical experts and will provide an opportunity to meet other parents/carers who support children or young people experiencing mental health and/or emotional difficulties. Booking is essential.

When? 6.00 - 7.30pm

Where? Solent Mind
Wellbeing centre, Priory
Gardens, Parchment St,
Winchester SO23 8AU

£10 to book your space:
winchyc.org

Or scan here



Connect With Us:

  @WinchesterYouthCounselling

More Information:

psp@winchyc.org
01962 820 444



**Hampshire Child and Adolescent
Mental Health Services**

CELEBRATING NEURODIVERSITY

A day that focuses on skills and strategies, for parents and carers, and professionals supporting an autistic young person. Hampshire CAMHS Colleagues will be leading this day in co-production with HPCN.

The Kids Coach will focus on
School based anxiety &
Advocating with schools

Wednesday 19th June 2024,
United Reform Church, Jewry St,
Winchester SO23 8RZ



TICKETS £25
includes tea
and coffee

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



Hampshire Child and Adolescent
Mental Health Services

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