

# WEBINARS FOR PARENTS/CARERS

## SUPPORTING CHILDREN AND YOUNG PEOPLE WITH THEIR MENTAL HEALTH



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

FREE TO ANY  
PARENT/CARER  
LIVING IN  
SUSSEX

- 22<sup>ND</sup> FEBRUARY AVOIDANT/RESTRICTIVE FOOD INTAKE DISORDER (ARFID)
- 26<sup>TH</sup> MARCH MANAGING CHALLENGING BEHAVIOUR
- 16<sup>TH</sup> APRIL BEREAVEMENT
- 15<sup>TH</sup> MAY SUPPORTING PRIMARY TO SECONDARY SCHOOL TRANSITION
- 13<sup>TH</sup> JUNE SUPPORT FOR KINSHIP CARERS
- TBC JULY CYBER SAFETY



SUPPORTED BY HEADS ON AND NHS CHARITIES TOGETHER'S COVID APPEAL

## WANT TO BOOK YOUR TICKETS?

Scan here:



Or visit:

[https://ticketlab.co.uk/series/  
id/1206#/](https://ticketlab.co.uk/series/id/1206#/)

### NEED TO GET IN TOUCH?

If you have any questions, please email: [CAMHSParticipationTeam@spft.nhs.uk](mailto:CAMHSParticipationTeam@spft.nhs.uk)

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