

CAMHS Parent/Carer Workshops

Come and join our Parent/Carer Workshops, run by Black Country CAMHS services (on Zoom for 1.5hours)! Groups held 12pm - 1.30pm.

We know that suffering from mental health difficulties does not only affect the person struggling, but also the family around them. Parenting a child/young person with mental health difficulties can create additional challenges for parents.

We are running workshops exploring a range of difficulties that children/young people may experience, that can impact their emotional wellbeing.

10.07.24- Trauma and Attachment

11.09.24 - Autistic Spectrum Conditions

23.10.24 – Speech and Language

20.11.24- Depression / Low Mood

18.12.24 – Anxiety / OCD

15.01.25 – Self-harm

12.02.25– Anger / Conduct difficulties

12.03.25 – Anxiety

To register your interest telephone **Andrea Ehgartner** on **01922 607400**



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www.blackcountryminds.com