

Child and Adolescent Mental Health and Well-being Evening seminars for parents and professionals

Access and CAMHS (Child and Adolescent Mental Health Service) will be running a series of *FREE* evening seminars for parents and professionals, to share information and tips and facilitate a discussion about a range of topics related to well-being and child and adolescent mental health. Each seminar will be delivered by two clinicians who work in our service.

The seminar programme this term includes:

- **Monday 6th November- Understanding and Managing Self-harm**
- **Thursday 16th November Understanding and reducing conflict**
- **Wednesday 22nd November – Understanding anger in adolescents**
- **Wednesday 29th November- Managing Exam Anxiety and Stress**
- **Monday 4th December- Understanding behaviour in school**



Practicalities

All seminars will be held at **6pm - 7.30pm**. The seminars will be held in Springfield Hospital, Tooting. Details will be provided once a place is confirmed.

Booking

The seminars are open to parents and professionals of school- aged children and young people living in Wandsworth and the surrounding area. Places are limited, so early registration is recommended. We will notify you via email to confirm your place.

Please register via email on:

camhsworkshops@swlstg-tr.nhs.uk

**Please let us know which seminars you would like to Attend when you email us. As spaces are limited, we ask that you contact us if you are unable to attend so others have the opportunity.*

