

# Virtual parent/carer information sessions

Learn more about how you can support your child's wellbeing and mental health through childhood, the teenage years and beyond. Join the **CAMHS Future in Mind** mental health support team for our virtual information sessions.



## **Wellbeing Superstars – suitable for parents/ carers of children and young people of all ages**

**Tuesday 1st August. 10-11.30am or  
Monday 14th August 4-5.30pm**

Learn about common childhood worries, how to support the early warning signs that your child may be struggling and gain strategies and tips on how you can support your child's wellbeing.



## **Sleep Success – suitable for parents/carers of children and young people of all ages**

**Monday 7th August 4-5.30pm or  
Wednesday 30th August 10-11.30am**

Learn all about children's sleep and the amazing benefits of sleeping well for your child now and as they get older. Learn helpful practical strategies to ensure that your child (and you) gets a better night's sleep.



Contact your child's or young person's school for more information and to make a booking. We'll need details of the session(s) that you would like to attend and your full name and email address.



If you require a copy of this information in any other format or language please contact the Trust.

With **all of us** in mind.