

Supporting parents and carers concerned about a child's emotional wellbeing or mental health.

Friday 24th March 9:45am – 3:00pm
Civic Hall, Ellesmere Port, Cheshire, CH65 0AZ

The aims of the day are to help parents and carers:

- Understand Young People and their behaviour – What's normal, and what's not?
- To know when to seek help? How and who with?
- Build resilience in the child and themselves
- Develop coping skills and relaxation techniques
- Learn from others' experience and seek advice from experts
- Gain a greater understanding of what services can support the child and the family

So far, representatives from the following agencies/services are coming along to offer their support (and the list is still growing). They will be on hand to speak with you during the lunch time or answer questions throughout the day:

- Child and Adolescent Mental Health Service (CAMHs)
- Suicide Prevention Advisor with the charity PAPYRUS – Prevention of Young Suicide.
- Cheshire Youth Justice Service – Offending Behaviour in Children and young people.
- Safer Schools Partnership – Online safety and cyberbullying
- Integrated Early Support - family support service
- 5-19 Service – School Nursing Service
- Cheshire Young Carers
- Substance misuse service
- Domestic Abuse Service
- Educational Psychology



Interactive Theatre Experiences