

Child & Adolescent Emotional Wellbeing Programme



East London
NHS Foundation Trust

A rolling parent & carer information & training programme run by Bedfordshire CAMHS

Following on from the success of the Bedfordshire CAMHS Parent Information and Training Pilot Session we ran in December 2018, we are now rolling out a monthly programme covering a wide range of topics.

Each month we will cover a different topic and they will take place at The Rufus Centre and at Bedford Heights so it is available in both areas

Tuesday 26th March 2019

Anxiety and Panic

Tuesday 16th April 2019

Managing Emotions, resilience and self-esteem

Thursday 23rd May 2019

Exam and school pressure

Tuesday 25th June 2019

Self-harm, suicide, risk taking behaviours and self-medicating

Tuesday 16th July 2019

Low mood

Tuesday 20th August 2019

Teenage Mental Health

Who can attend?

Any parent or carer who has a child registered at a Bedfordshire GP, you do not need to be open to CAMHS

How do I book a ticket?

Tickets will be available on the web from Eventbrite and they will be free

What are the timings of the sessions?

The sessions will take place between 6-8pm

Can young people attend?

These sessions are for parents and carers only

Where can I find more information?

Information for each session will be released closer to the time. These will be advertised on the CAMHS website, at local schools and GP services, as well as at agencies such as the council so please keep an eye out for them!