

Parent/Carer Peer Support Group

For Parents / Carers to be able support the young people in their lives, they need the relevant confidence, skills and knowledge. Often the best way for to get support is to connect with others who have or are experiencing a similar situation.

The Healthy Minds Team offer a range of information sessions to provide helpful tips and strategies on the frequently found difficulties children and young people face.

The upcoming dates and topics are as follows:

Thursday 11th May | [Click here to join the meeting](#)
Common exam stress worries and tips to support your child

Thursday 29th June | [Click here to join the meeting](#)
How to support your child with school transition worries

Thursday 7th September | [Click here to join the meeting](#)
How to support your child with school transition worries
(repeat of June's session)

All times are 4.00 - 5.30pm

Some of the session will be open to provide a confidential space for you to ask questions and talk through thoughts, challenges and ideas or chat through your own experiences, as caring for a child or young person who is struggling with their mental health can be incredibly challenging.

Should you have any difficulties accessing the link, please contact: **Joanne Comerford | joanne.comerford1@nhs.net**
or **Caroline Riddler | caroline.riddler@nhs.net**