

Online Education Programme for Parents/ Carers of secondary school aged young people who are using a CAMHS* Clinic, Step2 or Counselling Service.

* Child and Adolescent Mental Health Services

This free course, held over six weeks, will provide you as parents/carers with skills and support to help your child and improve your health and wellbeing.

Learn more about young people's mental health and recovery, effective communication skills, family culture, problem-solving and looking after yourself.

Where: Online over Zoom, start 7pm and finish 9pm.

When: Wednesday's on 8th, 15th, 22nd, 29th June, 6th and 13th July

Booking required, please contact: arocca@wormleyprimary.co.uk

The course is for parents/carers of young people who are receiving support with their mental health. Please tell us when you book which service your child is using - a CAMHS Clinic, Step2 or Counselling.

We have found the course content is not helpful for parent/carers of young people with an autistic spectrum condition.

Places are limited and will be allocated to the first 15 who register.

About the CAMHS Education Programme

The Delivering Special Provision Locally (DSPL) Group for the area advertise the course to parents/carers through local schools, answer questions and take the bookings.

Two trainers from Carers in Hertfordshire deliver the course. We ask that parents/carers who book on are able to commit to attending the 6 week programme.

Parents/carers say they find the course beneficial in many ways including meeting other parents/carers in similar situations, sharing experiences, gaining useful information and learning coping strategies.

About Carers in Hertfordshire

Carers in Hertfordshire supports unpaid carers throughout Hertfordshire. We work with Hertfordshire County Council, the NHS and other local organisations and provide services to carers to help them with their caring role, improve their health and wellbeing, give them a break from caring and have a voice in shaping services for them.

We support carers of all ages, including children, and our services are free of charge.

Carers in Hertfordshire

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