

Online Education Programme for parents/carers of secondary age children and young people who are receiving support from HPFT CAMHS or STEP 2 or counselling through Children and Young People's Mental Health Services

Where: Online over Zoom.

When: Tuesdays 21st May, (half-term), 4th, 11th, 18th, 25th June & 2nd July, 2024, 7.30pm - 9pm.

This free 6 week course will provide parents and carers with the language and skills to help them to support their child/ young person who is experiencing emotional wellbeing difficulties, as well as providing guidance on how they can look after their own emotional wellbeing.

Learn more about:

Young people's mental health and recovery.

Effective communication skills. Family culture.

Problem-solving and looking after yourself.

To book a place please sign up online via the listing for the event at www.carersinherts.org.uk/events

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

When booking please state which service your child is using - HPFT CAMHS or Step2 or a Counselling Service.



About Carers in Hertfordshire

We are a charity that provides information, advice and support to unpaid carers - people looking after a partner, relative or someone who is ill, elderly, has a physical or learning disability, or drug or alcohol addiction.

We support carers of all ages - young people and adults - living, working or caring in Hertfordshire. Our services are free to carers.

We provide services to carers to help them with their caring role or have a break from caring, to improve their health and wellbeing, and to have a voice in shaping health and community services.

We are partly funded by Hertfordshire County Council and the NHS in Hertfordshire. In partnership with them and other local organisations we work to ensure unpaid carers are identified, informed, supported and heard.

Carers in Hertfordshire

The Red House, 119 Fore Street, Hertford, Herts, SG14 1AX.

Tel: 01992 58 69 69 Email: contact@carersinherts.org.uk

www.carersinherts.org.uk

Our support for parents and carers.

We have a team of Carer Engagement Workers who can provide advice and information and also support you to speak up.

We also:

- Give you a chance to meet and talk to other parents, carers and staff who understand;
- Give you the opportunity to represent your views to the authorities that commission and manage Children and Young People's Mental Health Services (CYPMHS) in Hertfordshire;
- Provide free training and learning opportunities; and
- Offer a Carers' Passport Discount Card that gives savings in shops, restaurants and other venues (contact us to apply for one today!)

