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NHS
Central and
North West London
NHS Foundation Trust

Parent and Carer

Information and Support Group

When our children are suffering, we can feel alone and unsure, and this online group aims to make a space to think about how you can support your children (and each other) to cope during difficult times.

The group is a confidential and relaxed space for Parents and Carers of Children and Young People who are seen by any of CNWL's Child and Adolescent Mental Health Services, with presentations and information from specialists on topics you want to know more about.

Even more importantly, it is an opportunity to meet and chat with other parents and carers to share ideas and experiences.

Join us!

The group meets on Zoom every Tuesday from 12 to 1:30pm, and one Thursday evening each month starting at 6pm. It is an open group, so why don't you give us a try?

If you are interested, please speak to your child's Lead Professional in CAMHS or contact **Demetra Brege** on d.brege1@nhs.net



Join us for
a cuppa!

We look forward to seeing you there!



Wellbeing for life