

# Child and Adolescent Mental Health and Well-being Evening Seminars for Parents

The ACCESS and Tier 3 Child and Adolescent Mental Health Services will be running a series of *FREE* evening seminars for parents, to share information and tips about a range of topics related to emotional well-being and child and adolescent mental health. The seminars will be delivered by clinicians who work in our service.

***The seminar programme this term includes:***

- **Tuesday 28<sup>th</sup> February- Understanding and Reducing Conflict**
- **Tuesday 7<sup>th</sup> March – Understanding and Managing Self-harm**
- **Tuesday 14<sup>th</sup> March – Mindfulness**
- **Tuesday 21<sup>st</sup> March – Managing Exam Anxiety and Stress**
- **Tuesday 28<sup>th</sup> March – Anger Management in Adolescents**
- **Wednesday 29<sup>th</sup> March – Understanding and Managing ASD**



## ***Practicalities***

All seminars will be held from **6pm - 7.30pm** at Springfield University Hospital, Tooting.

## ***Booking***

The seminars are open to parents and teachers of school aged children and young people living in Wandsworth and the surrounding area. Places are limited, so early registration is recommended. We will notify you via email to confirm your place. *Information about the location of the seminars will be confirmed once the registration process has been completed.*



Please register via email on:

**camhsworkshops@swlstg-tr.nhs.uk**

**As spaces are limited, we ask that you contact us if you are unable to attend so others have the opportunity of participating.**