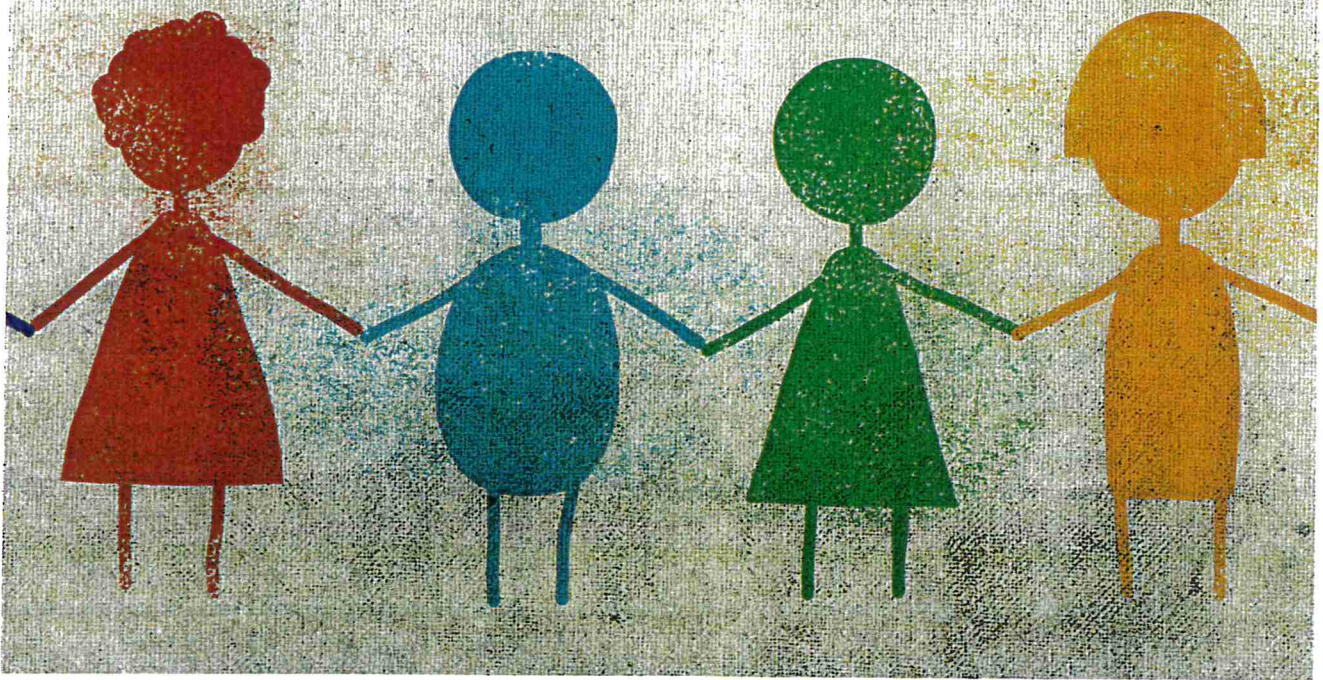


Stronger together

The chance to connect with like-minded people who have walked in your shoes.



‘Walking With You’ is a new parent led support group for anyone supporting children and young people experiencing mental health difficulties.

You can sit and discuss shared experience with other parents and carers over coffee and biscuits as well as having a group Q&A with parents and mental health professionals from CAMHS.

The informal sessions are open for any parents and carers with children up to 25. Come to as many sessions as you like – it’s entirely up to you.

Due to lack of facilities and support we are unable to accommodate children at the group.

Adam’s Park (Wycombe Wanderers FC), 10-11:30am (main club reception)
Friday 25th January, Friday 1st March, Friday 29th March

Contact

Need more information? Contact the Single Point of Access on 01865 901951 or email: oxfordhealth.bucksCAMHSSPA@nhs.net

