

FUTURE IN MIND



Do you care for a child or young person who struggles with their mental health and/or emotional wellbeing?

Would you like to meet other parents with similar experiences?

Would you like to hear about different Mental Health topics each month, presented by a CAMHS Clinician?

Evening Workshops

8pm - 9pm

Tues 14th Sept

Wed 13th Oct

Thurs 11th Nov

Tues 7th Dec

WINCHESTER & TEST VALLEY

Wednesdays
11am - 12pm

8th Sept
13th Oct
10th Nov
8th Dec

BASINGSTOKE

Fridays
11am - 12pm

24th Sept
22nd Oct
26th Nov
17th Dec

HART & RUSHMOOR

Thursdays
11am - 12pm

9th Sept
14th Oct
11th Nov
9th Dec

EASTLEIGH

Thursdays
11am - 12pm

2nd Sept
7th Oct
4th Nov
2nd Dec

Havant

Thursdays
11am - 12pm

23rd Sept
21st Oct
25th Nov
16th Dec

FAREHAM & GOSPORT

Fridays
11am - 12pm

3rd Sept
8th Oct
5th Nov
3rd Dec



HAMPSHIRE
PARENT CARER

NETWORK

enabling voices to be heard



SESSIONS ARE TAKING PLACE VIA ZOOM
DURING THE COVID-19 PANDEMIC.
FOR LINKS OR FURTHER INFO, EMAIL
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Sept - Dec 2021