



Parent Carer (of children and young people aged 0-25yrs)

TRAINING & information Sessions



Understanding and managing anxiety and emotionally based School avoidance

This session will increase understanding of what anxiety is and why we experience it, and raise awareness of triggers for school avoidance and how it can be managed.

Wednesday 19th October 2022 @ 9.30 am -11.30 am or

Tuesday 6th December 2022 @ 9.30 am - 11.30 am (both sessions will be the same)

Emotional Wellbeing

What is it and how can we improve it for ourselves and our children?

Tuesday 27th September 2022 @ 9.30 am—11.30 am or

Wednesday 16th November 2022 @ 9.30 am—11.30 am (both sessions will be the same)

The sessions are aimed at parents of school aged children but parents of younger/older children are very welcome. The sessions will be led by a CAMHS trainer and will run on Microsoft TEAMS

To book places please email tewv.countydurhamcamhstraining@nhs.net

Please state which session/s you would like to attend and give your name, email address and contact number.



Tees, Esk and Wear Valleys
NHS Foundation Trust



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