

Stronger together



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

Walking With You (WWY)

is a parent led support group open to anyone caring for children and young people, up to the age of 25, experiencing mental health difficulties.

This is a safe space for parents and carers to meet, ask questions and share experiences if comfortable to do so, and learn from discussions on topics you would like to hear about.

Sessions take place on-line using Microsoft Teams.

You can join and leave the session at any point.

Mental Health Professionals from CAMHS will be on-hand to support and answer any questions you may have.

Next meetings:

5th November: 11-12 & 2-3

Gender Diversity

3rd December: 11-12 & 2-3

Sensory Processing and Anxiety

7th January: 11-12 & 2-3

Eating

4th February: 11- 12 & 2-3

Managing Difficult Behaviours & understanding demand avoidance.

4th March: 11-12 & 2-3

Depression

1st April: 11-12 & 2-3

Communication & difficult conversations

6th May: 11-12 & 2-3

Managing Transitions

3rd June: 11-12 & 2-3

Going on Holiday

1st July: 11-12 & 2-3

Looking after Parents Well-Being

If you would like to join any of these sessions or would like information please contact: Diane Statham, Participation Lead, Oxfordshire CAMHS at diane.statham@oxfordhealth.nhs.uk

Please confirm that you consent to the use of your email