

# 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.

The themes of Meetings January – April 2023 will be supporting parents with managing issues related to

### **13<sup>th</sup> June Difficulties with Eating**

**10 – 11** will focus on Eating Disorders

**2 – 3** will focus on Disordered eating

**3<sup>rd</sup> February 10 -11 & 2 - 3**  
Gender Diversity

### **3<sup>rd</sup> March 10 – 11 & 2 - 3**

Behaviours that are challenging

### **5<sup>th</sup> May 10 – 12 & 2-3**

Parent Well Being

If you would like to join any of these sessions or would like information please contact:

[WWYoxon@oxfordhealth.nhs.uk](mailto:WWYoxon@oxfordhealth.nhs.uk)

Please confirm that you consent to the use of your email