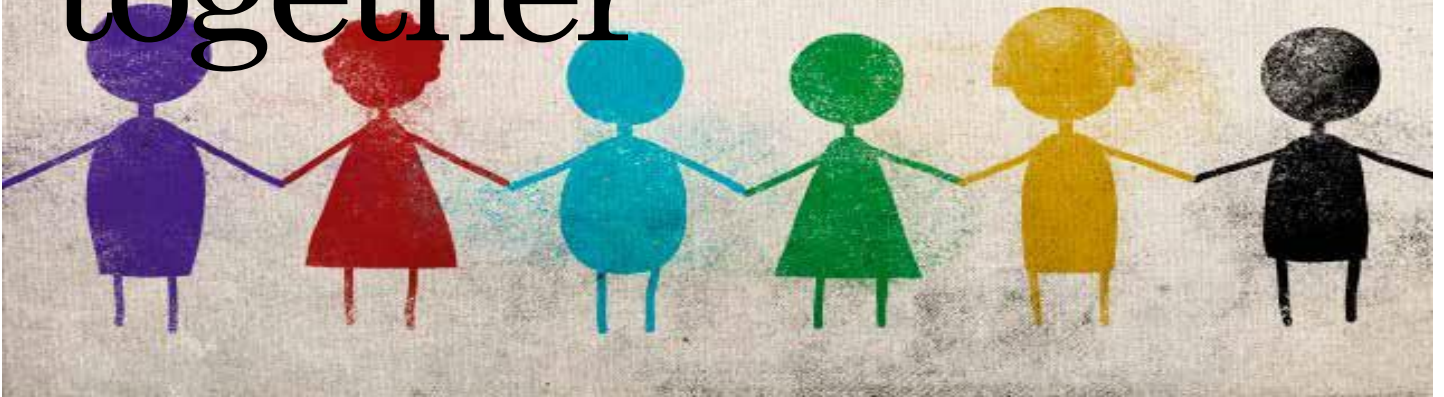


Stronger together

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 to answer any questions you may have.

These are the topics we will be discussing January – April 2024, all sessions are 11am-12pm:

5th January

Sleep

2nd February

Talking to your child about self-injury

1st March

Eating disorders vs disordered eating

5th April

Behaviour that challenges

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

WWYoxon@oxfordhealth.nhs.uk

Please confirm that you consent to the use of your email.