

OXFORDSHIRE WALKING WITH YOU FORUM

JOIN OUR SUPPORTIVE COMMUNITY!

"Walking with You" is a welcoming, parent-led group for anyone caring for children and young people (up to age 25) facing mental health challenges.

Find a safe space to connect, ask questions, and share experiences at your comfort level. Learn from insightful discussions on topics that matter to you.

Sessions are led by Parent Peer Support Workers and held online via Microsoft Teams, with occasional coffee mornings. Drop in and out as needed.

Look forward to special guest events with professionals from CAMHS leading some of our sessions.

UPCOMING EVENTS

MAY GET OUTSIDE & SUMMER ACTIVITIES

02 12PM- 1PM ONLINE

JUN COFFEE MORNING SOUTH OXON

06 12PM - 1PM - LOCATION SHARED WHEN BOOKED

JUL SLEEP

04 12PM -1PM ONLINE

AUG WELLBEING WALK

13 LOCATION AND TIME SHARED ON BOOKING

**TO REGISTER FOLLOW
THE LINK OR QR :**



WWW.OXFORDHEALTH.NHS.UK/CAMHS/INVOLVEMENT/OXON/WWY/