

FREE parent/carer course to support your child's Mental Health Needs

WOULD YOU LIKE TO GAIN A BETTER UNDERSTANDING OF YOUR CHILD'S MENTAL HEALTH NEEDS?

The education programme for parent/carers of
Secondary aged children and young people could
help

This free course, held over six weeks, will provide you as
parents/carers with skills and support to help your child and improve your
health and wellbeing

Learn more about young people's mental health and
recovery, effective communication skills, family culture,
problem-solving and looking after yourself.

Where: St Albans Girls' School

When: Tuesdays - 6th, 13th, 20th, 27th November, and 4th and 11th December 2018

Time: 7pm – 9 pm

Who is it for: Parents/Carers of Secondary Aged children

*Please state at time of booking if you are using a CAMHS clinic,
Step2 or counselling service.*

If you do not have your own transport or need help with travel costs
to enable you to attend, Carers in Hertfordshire can help -
contact@carersinherts.org.uk



Making Carers Count

Venue: St Albans Girls' School, Sandridgebury Lane,
St Albans, AL3 6DB

On-site parking available in *Visitors Car Park* only please

Booking is essential. Please book either
by phone 01727 853134 Ext 244 or email admin@dspl7.org.uk
Website : www.dspl7.org.uk