

# Are you a parent/carers supporting a child or young person with emotional or mental health problems?

"I just wish I knew how to help"

## You are Not Alone

"The session really helped me understand and know what to do"

Supporting a child with emotional or mental health problems can be really difficult and challenging for any parent or carer. Information, advice and support can make the tough times a little easier.

## Training and Information Sessions for Parents/Carers

Sessions will be delivered by a parent with experience of supporting a child with emotional and mental health difficulties and mental health professional. You will meet other parents who may be going through similar experiences, receive information, advice and practical tips around what might help you and your child.

All sessions are free and open to any parent, carer or family member who is supporting a child with emotional or mental health difficulties.

<b>Parent Coaching: Friday 10<sup>th</sup> November</b> The session will guide parents through some questions to help you think about possible solutions and plans for something you want to make a change or difference with. You'll leave the session with a personal plan to make a change (even a small one!) in your life.	<b>Time:</b> 12.30pm-2.30pm <b>Venue:</b> Pioneering Care Centre , Carers Way Newton Aycliffe ,County Durham, DL5 4SF
<b>Communication and Schedules: Monday 13<sup>th</sup> November</b> An overview of the importance of routine and how to prepare for change. Techniques on how to communicate to reduce conflict and the use of PECS and other communication aids. (Please bring your mobile or iPad-not essential)	<b>Time:</b> 5.00pm-6.30pm <b>Venue:</b> The Oaks Secondary School, Rock Road, Spennymoor, DL16 7DB
<b>Coping with Anxiety: Saturday 18<sup>th</sup> November</b> What is anxiety, the signs and symptoms parents can look for, when to worry, practical things you can do and tips to help you & your child cope	<b>Time:</b> 11am-3pm <b>Venue:</b> Acley Centre, Carers Way, Newton Aycliffe, DL5 4PE
<b>Anger, aggression &amp; crisis situations: Saturday 25<sup>th</sup> November</b> Coping with anger, aggression and different crisis situations, when to worry, what you can do to help at home, when you need to get extra support and tips to help you cope	<b>Time:</b> 11am-3pm <b>Venue:</b> Acley Centre, Carers Way, Newton Aycliffe, DL5 4PE
<b>Coping with overwhelming emotions: Saturday 2<sup>nd</sup> December</b> What is going on when children and young people are overwhelmed with emotions, the signs and symptoms parents can look for, when to worry, practical things you can do and tips to help you cope	<b>Time:</b> 11am-3pm <b>Venue:</b> Acley Centre, Carers Way, Newton Aycliffe, DL5 4PE

For more information or to book a place please contact Wendy:

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