



MENTAL HEALTH WORKSHOPS FOR PARENTS AND CARERS of children and young people

'It was very informative & very well presented.' *'Well worth going.'* *'I'd definitely recommend this!'* *'It was brilliant.'*

Coastal West Sussex Mind are coordinating a new programme of workshops for parents and carers open to any family member who is concerned about a young person facing a mental health challenge. Workshops are delivered by experienced trainers and will give practical advice and strategies to make a difference.



**Workshops across
West Sussex**

**Build your family's
resilience**

**Meet other parents
and carers**

**Understand what
your child is feeling**

**Build your
confidence in talking
about mental health**

**COASTAL WEST SUSSEX
MIND**

8-10 The Gateway,
Durrington Lane,
Worthing
01903 277010

[www.coastalwestsussexmi
nd.org](http://www.coastalwestsussexmind.org)

All workshops are open to anyone over 16, cost £5 per ticket and can be booked via Eventbrite:
<http://coastalwestsussexmind.eventbrite.com>

Any questions, do contact us on 01903 277010 or training@coastalwestsussexmind.org

Workshop name	Location and venue	No. of sessions	Dates	Time
Anxiety, Low Mood and Resilience in Young People	Shoreham Centre - Shoreham	1	3 rd May 2019	13:30-15:30
Understanding the Adolescent Brain	Field Place - Worthing	1	8 th May 2019	14:00-16:00
Insiders Guide for parents of children with ADHD– 6 week course	Billingshurst Community Centre - Billingshurst	6	10 th 17 th 24 th May 7 th 14 th 21 st June 2019	09:30 – 12:30
Helping Young People Cope with Life	K2 - Crawley	1	23 rd May 2019	10:00-12:00
Help Young People Cope with Life	Field Place - Worthing	1	4 th June 2019	10:00-12:00
Understanding Behaviours of concern	Field Place - Worthing	1	5 th June 2019	10:00-12:00
Managing Transitions	Shoreham Centre - Shoreham	1	13 th June 2019	14:30-16:30
Building Resilience	Roffey Millennium Hall - Horsham	1	10 th July 2019	12:00-14:00
Talking to Young People about Mental Health	Field Place - Worthing	1	24 th July 2019	18:00-20:00
Anxiety, Low Mood and Resilience in Young People	The Regis Centre – Bognor Regis	1	3 rd Sept 2019	18:30 – 20:30
Understanding Behaviour of concern	The Orchard - Crawley	1	10 th Sept 2019	10:00-12:00
Building Resilience	Billingshurst Community Centre - Billingshurst	1	10 th Sept2019	10:00-12:00