



# 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.coastalwestsussexmind.org](http://www.coastalwestsussexmind.org)

All workshops are open to anyone over 16, cost £5 per ticket and can be booked via Eventbrite:  
[www.coastalwestsussexmind.eventbrite.com](http://www.coastalwestsussexmind.eventbrite.com)

Any questions, do contact us on 01903 277010 or [training@coastalwestsussexmind.org](mailto: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 <sup>rd</sup> May 2019	13:30-15:30
Helping Young People Cope with Life	K2 - Crawley	1	23 <sup>rd</sup> May 2019	10:00-12:00
Help Young People Cope with Life	Field Place - Worthing	1	4 <sup>th</sup> June 2019	10:00-12:00
Understanding Behaviours of concern	Field Place - Worthing	1	5 <sup>th</sup> June 2019	10:00-12:00
Autism and Girls	Field Place, Worthing	1	11 <sup>th</sup> June 2019	09:30 – 12:30
Managing Transitions	Shoreham Centre - Shoreham	1	13 <sup>th</sup> June 2019	14:30-16:30
Understanding School SEND Support, Statutory Assessments and ECHPS	Burgess Hill, Burgess Hill Town Council	1	13 <sup>th</sup> June 2019	13:00 – 16:00
Making Sense of Anxiety (Autism and ADHD)	Roffey Millennium Hall, Horsham	1	27 <sup>th</sup> June 2019	09:30 – 14:30
Making Sense of Challenging Behaviour (Autism and ADHD)	Field Place, Worthing	1	9 <sup>th</sup> July 2019	09:30 – 14:30
Building Resilience	Roffey Millennium Hall - Horsham	1	10 <sup>th</sup> July 2019	12:00-14:00
Understanding Emotional Regulation	Crawley, K2	1	15 <sup>th</sup> July 2019	10:00 – 13:00
Talking to Young People about Mental Health	Field Place - Worthing	1	24 <sup>th</sup> July 2019	18:00-20:00
Anxiety, Low Mood and Resilience in Young People	The Regis Centre – Bognor Regis	1	3 <sup>rd</sup> Sept 2019	18:30 – 20:30
Understanding Behaviours of Concern	The Orchard - Crawley	1	10 <sup>th</sup> Sept 2019	10:00-12:00
Building Resilience	Billingshurst Community Centre - Billingshurst	1	10 <sup>th</sup> Sept2019	10:00-12:00
Understanding Emotional Regulation	Billingshurst, Billingshurst Community Centre	1	13 <sup>th</sup> Sept 2019	10:00 – 13:00
Autism and Adolescents in Education	Worthing, Field Place	1	24 <sup>th</sup> September 2019	09:30 – 12:30
Making Sense of ADHD	Southwick Community Centre	1	27 <sup>th</sup> September 2019	09:30 – 14:30
Talking to Young People about Mental Health	Roffey Millennium Hall - Horsham	1	3 <sup>rd</sup> October 2019	10:00 – 12:00

Autism and Girls	Billingshurst Community Centre, Billingshurst	1	8 <sup>th</sup> October 2019	10:00 – 13:00
Building Resilience	Field Place, Worthing	1	7 <sup>th</sup> November 2019	17:00 – 19:00
Understanding Behaviours of Concern	The Shoreham Centre, Shoreham	1	14 <sup>th</sup> November 2019	18:30 – 20:30
Building Resilience	The Regis Centre, Bognor Regis	1	5 <sup>th</sup> December 2019	10:00 – 12:00