

Supporting children and young people's mental health

Free online workshops for
Cambridgeshire/Peterborough Parents/Carers



Thursday
27th April

Anxiety

10.00 - 11.30 am

Wednesday
3rd May

Self Harm

1.00 - 2:30 pm

Wednesday
9th May

Emotionally Based
School Avoidance

10:30 - 12 pm

Monday
15th May

Gender Questioning

10.00 - 11.30 am

Tuesday
16th May

Peer support group

9:30 - 11.30 am

Monday
22nd May

Bereavement and Loss

1.00 - 2.30 pm

