



Parent Carer (of children and young people aged 0-25yrs)

TRAINING & information Sessions



Understanding Why Children Might Be Anxious About School

This is an awareness session to increase understanding of why children might be anxious about school, identify potential triggers and look at available support and strategies. This session is suitable for parents/carers of all school aged children but may be of limited value to parents of children with more complex needs

Tuesday 6th June 2023 09:30-11:30

Anxiety (Two groups) this session looks at what anxiety is, what the triggers might be, how to identify it and how we can support our children and young people.

Tuesday 9th May 2023 09:30-11:30—Over 11 years

Tuesday 18th July 2023 09:30-11:30—5-11 years

Emotional Wellbeing This session will focus on emotional wellbeing, what is it and how can we improve it for ourselves and our children? This session explores the link with mental health and looks at how we can manage our own well-being as well as that of our children and young people.

Tuesday 27th June 09:30-11:30

To book places please email tewv.countydurhamcamhstraining@nhs.net or scan the QR code below to access the Trust website for further details. Please state which sessions (and dates) you'd like to attend. The sessions are aimed at parents of school aged children but parents of younger/older children are very welcome. The sessions will be led by a CAMHS trainer and will run on Microsoft TEAMS. If you have any additional needs, please mention this in the booking email.



Tees, Esk and Wear Valleys
NHS Foundation Trust



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www.darlingtonpcf.co.uk



Durham County
carers support

www.dccarers.org
Tel: 0300 0051213



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Adolescent Sexual Development and Sexual Risk This session will give a brief overview on the role of Forensic CAMHS and how it differs from generic CAMHS. We will define typical presentations of adolescent sexual development in terms of behaviour and functioning and go on to explore what constitutes disrupted and adverse sexual development in children and young people. We will look at how this might impact on a range of sexual behaviours, attitudes and beliefs in a developing adolescent.

Wednesday 5th July 1:30pm-3:30pm

Child to Parent Violence and Aggression This awareness session will begin by giving a brief overview on the role of forensic CAMHS and how it differs from generic CAMHS services. We will consider models of aggression in children and young people and identify key influencing factors. We will look to apply these models of aggression and consider them within the family / parent context and explore how aggression can become a pattern in households. Aggression will be discussed in a childhood mental illness and neurodevelopmental context with consideration given to NICE guidance and recommended treatment / intervention approaches for CAMHS and multi-agency partners.

Wednesday 19th July 1:30pm-3:30pm

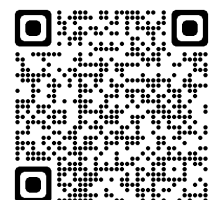

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Together for Better
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