

Workshop Timetable

Date: 27 September 2018

Location: Rushmoor Borough Council, Council Offices, Farnborough Road, Farnborough, Hampshire, GU14 7JU

Parking: Please park either in Pinehurst car park (**GU14 7TE**), Queensmead car park (**GU14 7TE**) or Farnborough Community Centre car park (**GU14 7LE**). For more information about our car parks please visit www.rushmoor.gov.uk/carparks

Time			
11am – 11.45am	Substance misuse	Supporting a child with school transition	Challenging behaviour
midday – 12.45pm	Gender identity	Helping boost body image and self-esteem	Crisis and self-harm
1pm – 1.45pm	Sexual health and relationships	Supporting a child with eating difficulties	Autism awareness
2pm – 2.45pm	Where to go for help and support	Supporting a child who is being bullied	Anxiety management
3pm – 3.45pm	Sexual health and relationships	Supporting a child with school transition	Crisis and self-harm
4pm – 4.45pm	Gender identity	Supporting a child who is being bullied	Challenging behaviour
5pm – 5.45pm	Substance misuse	Supporting a child with eating difficulties	Anxiety management
6pm – 6.45pm	Where to go for help and support	Managing ADHD	Autism awareness

Booking is essential for workshops. Book at www.hampshirescamhs.nhs.uk

Service provided by Sussex Partnership NHS Foundation Trust

Council Offices,
Farnborough Road,
Farnborough,
Hants, GU14 7JU

www.rushmoor.gov.uk
01252 398 399
customerservices@rushmoor.gov.uk

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August 2018



Hampshire Child and Adolescent Mental Health Service

P.A.C.E

Parent and carer events

Supported by the Rushmoor & Hart Supporting Families Programme

27
September
2018

Venue:
Council Offices, Farnborough

RUSHMOOR
BOROUGH COUNCIL

 Hampshire
County Council



P.A.C.E. help families to understand better the needs and difficulties that young people can face, and how to manage potential issues or concerns they may have.

About P.A.C.E.

P.A.C.E. engage families in understanding the needs and difficulties that young people face. The events help parents and carers to gain more confidence and knowledge about how to manage potential issues or concerns they may have about their young person. Workshops are run by experts in their field, such as youth

organisations, Hampshire Children and Adolescent Mental Health Services (CAMHS), Autism Hampshire and school nursing teams. Information stands, which provide relevant information on the many organisations and charities that provide support for families in Hampshire, are available at the events.

The events include a variety of workshops which focus on relevant issues, such as:

- Managing challenging behaviour
- Supporting a child with substance misuse
- Supporting a child with eating difficulties
- Boosting body image and self-esteem
- Supporting a young person with anxiety
- Supporting a child in crisis
- Sexual health and relationships
- Supporting a young person with transition through schools
- Supporting a child who is being bullied
- Talking to a child about gender identity and sexuality
- Where to go for support before referring to CAMHS

Our Aims

To provide information in a way that is helpful, engaging and non-threatening

To present information that will de-stigmatisate mental illness and other related issues

To raise awareness of potential issues and where to seek help, advice and support

