



Coastal
West Sussex

MENTAL HEALTH WORKSHOPS FOR PARENTS AND CARERS

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

Practical advice and strategies that make a difference from people who understand. All workshops are open to any family member over 16, cost £5 per ticket and can be booked via Eventbrite: www.coastalwestsussexmind.eventbrite.com There is also a wide range of **FREE** webinars and e-learning about young people's mental health, Autism and ADHD.

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

| What's going on? | Where? | When? | Time |
|--|----------------------------------|---------------------------|---------------|
| Talking to Young People about Mental Health | Roffey Millennium Hall - Horsham | 3 rd Oct 2019 | 10:00 – 12:00 |
| Autism and Girls | Billingshurst Community Centre | 8 th Oct 2019 | 10:00 – 13:00 |
| Autism, Anxiety and Wellbeing | Field Place, Worthing | 16 th Oct 2019 | 09:30 – 12:30 |
| Making Sense of Anxiety | Billingshurst Community Centre | 5 th Nov 2019 | 09:30 – 12:30 |
| Building Resilience | Field Place, Worthing | 7 th Nov 2019 | 17:00 – 19:00 |
| Understanding Behaviours of Concern | The Shoreham Centre, Shoreham | 14 th Nov 2019 | 18:30 – 20:30 |
| ASC & ADHD Strategies | The Regis Centre, Bognor Regis | 20 th Nov 2019 | 09:30 – 16:30 |
| Building Resilience | The Regis Centre, Bognor Regis | 5 th Dec 2019 | 10:00 – 12:00 |
| Understanding Behaviours of Concern | Billingshurst Community Centre | 9 th Jan 2020 | 12:30 – 16:30 |
| Autism, Anxiety and Wellbeing | Roffey Millennium Hall, Horsham | 10 th Jan 2020 | 10:00 - 13:00 |
| Autism, Adolescents and Education | K2, Crawley | 14 th Jan 2020 | 11:00 – 13:00 |
| Helping Young People Cope with Life | Southwick Community Centre | 4 th Feb 2020 | 10:00 – 12:00 |
| Talking to Young People about Mental Health | The Regis Centre, Bognor Regis | 6 th Feb 2020 | 12:00 – 14:00 |
| Understanding Friendships and other Social Relationships | K2, Crawley | 13 th Feb 2020 | 12:30 – 15:30 |
| Building Resilience | Field Place, Worthing | 10 th Mar 2020 | 12:00 – 14:00 |