



P.A.C.E. (Parent, Carer and Professionals Events)

A free event to help families better understand the needs and difficulties that young people can face and how to manage potential issues/concerns they have about their young person.

The events include a variety of 60-minute workshops which focus on relevant issues, such as:

- Eating Difficulties including ARFID
- Trauma Recovery
- Managing ADHD
- YP in Crisis & Managing Self-Harm
- Coping and Resilience Strategies to Support Children & Young People
- Autism Awareness
- YP with Obsessive Compulsive Disorder (OCD)
- Looking After Yourself to Support Your Child
- Disability, Difficulty, SEND & Mental Health
- Managing Anxiety
- Supporting your Autistic Child to Thrive

For more information click the link below

<https://hampshirecamhs.nhs.uk/events/p-a-c-e-7-oct/>