

# P.A.C.E.

2023

PARENT, CARER & PROFESSIONAL EVENTS

## A FREE HEALTH & WELLBEING EVENT FOR ALL PARENTS, CARERS & PROFESSIONALS WHO SUPPORT OR WORK WITH YOUNG PEOPLE

### WHAT CAN I EXPECT?

PACE events consist of two main components:

1. A number of **specialist workshops** on young people's emotional health and wellbeing.
2. **Information stands** from local and national organisations.

Attendees can choose which sessions they would like to attend; select as many or as few as you would like to attend.

27<sup>TH</sup> JANUARY 2023

CAMS HILL SCHOOL, SHEARWATER AVENUE,  
FAREHAM, PO16 8AH

**PLUS!**

Get a free information pack which has useful summary sheets of each session along with links of where to access further information and support for each session topic

Book your workshop space at [hampshirecamhs.nhs.uk/events](https://hampshirecamhs.nhs.uk/events)