

Anxiety

Understanding & strategies to support young people

Tickets £20
Tea and
coffee
included

The day will provide an overview of the anxiety parent-led intervention we deliver for children and young people in CAMHS.

It is an opportunity for interaction and activities which will give psychoeducation and normalising of anxiety.

There will be chances to learn and practice strategies we teach parents in the intervention.



28 January 2026

The Irish Centre,
Council Road,
Basingstoke, RG21 3DH

11 November 2026

The Pallant Centre,
The Pallant,
Havant, PO9 1BE



For more information scan the QR code or visit:

<https://hampshirecamhs.nhs.uk/events/>