

# HOW TO COPE WHEN YOUR CHILD CANT

Three one-day events focused on parents/carers understanding their own needs, and learning strategies to look after themselves as they support a young person with their own mental health needs.

Each morning session will focus on different topics - further details can be found on our website.

The afternoon session will focus on How to Feel Better as a Parent in Burnout.

**Tickets £25**  
Tea, coffee  
and lunch  
included

**For more information and to book a place go to:**  
**<https://hampshirecamhs.nhs.uk/events/>**

**Thursday, 22 January 2026**  
**9:30am - 3:15pm**

**St Peters Church Centre,  
Jewry St, Winchester  
SO23 8RY**

**Friday, 15 May 2026**  
**9:30am - 3:15pm**

**The Hilt, Hiltingbury Road,  
Chandlers Ford, Eastleigh  
SO53 5NP**

**Wed, 30 September 2026**  
**9:30am - 3:15pm**

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

Some events have a small charge to allow us to cover costs, some discretionary free tickets are available