

**Walking With You is a parent-led support group for anyone supporting children and young people up to the age of 25 experiencing mental health difficulties.**

The chance to connect with like-minded people who have walked in your shoes.

**Walking With You** is a parent-led support group for anyone supporting children and young people up to the age of 25 experiencing mental health difficulties.

You can participate in discussing shared experiences with other parents and carers and have **mental health professionals from CAMHS** on hand to support and answer any questions you may have.

Currently, sessions are being run by Microsoft Teams, and occasionally, they are face-to-face. You can join or leave at any point (meetings are not recorded). However, we will send notes from the sessions.

Our next sessions are:

**Monday, 27th of January, 10 am – 11:30 am - (TEAMS)**

**THEME: Family Hub information (Guests from the Family centre) and discussions around SENDCO + feedback**

**Monday, 24th of February, 10 am – 11:30 am (TEAMS)**

**THEME: ASD + ADHD**

**Monday, 24th of March, 10 am-11:30 am (TEAMS + option to do the session face to face if enough parents/carers wish to do so)**

*If face-to-face, the session would be held at Princes Risborough Golf Club and online on Teams for those who can't join face-to-face. Please specify where you would want to attend.*

If you would like to join our session/s or would like further information, please contact:

**Roxy Uritescu** Participation Lead, Bucks CAMHS at [Roxy.uritescu@oxfordhealth.nhs.uk](mailto:Roxy.uritescu@oxfordhealth.nhs.uk)