

Information Stands:

Catch 22
Hampshire Healthwatch
Support4SEND
Mermaids
Parent Voice
Active Nation
Autism Hampshire
Solent NHS
HYA No Limits
JobCentre Plus
Hart Voluntary Action
NHS Quit Smoking
CAMHS
Step By Step
and more....

For questions, queries or more
information contact

Hampshire CAMHS:

0300 304 0070

SPNT.fitfeshampshire@nhs.net

www.fitfeshampshire.com

This P.A.C.E. event is supported by
the Rushmoor & Hart Supporting
Families Programme



**Free Event for
Parents and Carers**

**Thursday 15th June
11.00am till 7.00pm**

**Princes Hall, Princes Way,
Aldershot, GU11 1NX**

www.princeshall.com



Workshops Available

Aims of P.A.C.E.

- To increase confidence and knowledge in managing potential issues or concerns
- To provide information, advice and guidance on a range of issues that young people face
- To destigmatise mental illness and other related issues
- Raise awareness of potential issues and where to seek help, advice and support.

Who's it for?

- Any parent, carer or guardian who is seeking advice and guidance on how to support a young person

Room Time	Edinburgh	Titchbourne	Princes Suite
11.00– 11.45	Sexual Health and Relationships	Supporting a child with transition	Challenging Behaviour
12.00– 12.45	Gender Identity	Supporting a child who is being bullied	Crisis and Self-Harm
13.00– 13.45	Substance misuse	Supporting a child with eating difficulties	Autism Awareness
14.00– 14.45	Where to go for help & support	Supporting a child with Body Image and Self-esteem difficulties	Anxiety Management
15.00– 15.45	Sexual Health and Relationships	Supporting a child with transition	Crisis and Self-Harm
16.00– 16.45	Substance misuse	Supporting a child who is being bullied	Challenging Behaviour
17.00– 17.45	Gender Identity	Supporting a child with eating difficulties	Anxiety management
18.00– 18.45	Where to go for help & support	ADHD management	Autism Awareness

TO BOOK YOUR FREE SPACE ON ANY OF THE WORKSHOPS, VISIT THE WEBISTE: WWW.FITFESTHAMPSHIRE.COM