

Stronger together



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 experiencing mental health difficulties.

You can take part discussing shared experiences with other parents and carers as well as having **mental health professionals from CAMHs** on-hand to support and answer any questions you may have.

Currently sessions are being ran by Microsoft Teams.

Our next three session are:

Friday 25th September

Friday 16th October

Friday 27th November

If you would like to join our session/s please contact **Roxy Uritescu, Participation Lead, Barnardo’s Bucks CAMHs & Oxford Health NHS Foundation Trust** at: roxy.uritescu@oxfordhealth.nhs.uk.

Please also confirm your consent to use your e-mail address.

If you are unable to join our meeting/s but would like to receive Walking With You information, please also contact us at: roxy.uritescu@oxfordhealth.nhs.uk