

# CAMHS Information Event

## For Parents & Carers of Children with SEND

Does your child regularly find it hard to manage day to day tasks due to suffering from Anxiety & Frustration?



Do you struggle to find the right approach to help them cope when you are feeling anxious & frustrated yourself?

### Then this **FREE** event is for you!

Advice & presentations by professionals from our local CAMHS service on living with these issues will help provide you with the information & skills you need to be able to manage these emotions in a more constructive way, in order to create an environment at home that will make family life better for everyone

**No need to Book! Just come along on the day!**



This workshop is being hosted by the Plymouth Parent Carer Voice

Find out more about how we work for local parent carers

by visiting us at [www.facebook.com/plymouthpcv](https://www.facebook.com/plymouthpcv)

Have questions about this event or PPCV? please

email us at: [hello@plymouthpcv.co.uk](mailto:hello@plymouthpcv.co.uk)

**Tuesday 28th March 2017**

**9.30am - 11.30am**

**Lower Guildhall ~ Royal Parade ~ Plymouth**