

Self Harm Parents and Carers Networks

What is a learning network?

Join other parents and carers across your area in a free workshop to support you and your family.

Facilitated by West Sussex Mind, YMCA Downslink Group and supported by Allsorts Youth Project, you will be able to talk with other parents and carers to hear what is working for them, discuss your support needs, hear from guest speakers and get updates on the latest initiatives, research, resources and policies.

You will be able to improve your understanding and skills to prevent and respond to self-harm and increase your confidence in having conversations with your child and school.

All parents and carers of children and young people are welcome to attend.

Dates and times:

East Sussex Parents and Carers Self Harm Network	Thursday 7th October	6pm to 8pm
West Sussex Parents and Carers Self Harm Network	Wednesday 3rd November	6pm to 8pm
Brighton and Hove Parents and Carers Self Harm Network	Wednesday 1st December	6pm to 8pm

How do I book my place?

Please book a ticket via the West Sussex Mind Eventbrite page at www.westsussexmind.eventbrite.com or scan the QR code. All personal details and conversations will be kept private, but if you are not able to attend on the day, the information part of the network event will be recorded and made available afterwards, so book your place now to ensure that you receive the link.



If you have any questions, please contact the West Sussex Mind Training Team on 07468 516818 or email training@westsussexmind.org.

