

## Warwickshire Primary Mental Health Team

### Warwick District – 2019/2020

### Parent 1:1 Consultations

Are you a parent or carer of a child/young person living in Warwickshire?

Would you like the opportunity to speak in confidence with one of our Primary Mental Health Practitioners about your child/young person?

**We offer one-off 45min 1:1 consultations where you are able to discuss your child/young person's current difficulties with a professional!**

We use a solution-focussed framework to explore strategies and ways to help you better support them.

These consultations can be in person or over the phone and they are open to any member of the family. We recommend family members attend consultations together, to ensure a consistent approach

AVAILABLE DATES	LOCATION
5 <sup>th</sup> September 2019 24 <sup>th</sup> September 2019 22 <sup>nd</sup> October 2019 3 <sup>rd</sup> December 2019 17 <sup>th</sup> December 2019	Warwick Gates Community Centre Cressida Close Heathcote CV34 6DZ
16 <sup>th</sup> January 2020 6 <sup>th</sup> February 2020 27 <sup>th</sup> February 2020 5 <sup>th</sup> March 2020 19 <sup>th</sup> March 2020 2 <sup>nd</sup> April 2020 30 <sup>th</sup> April 2020 14 <sup>th</sup> May 2020 4 <sup>th</sup> June 2020 18 <sup>th</sup> June 2020 2 <sup>nd</sup> July 2020 16 <sup>th</sup> July 2020	Dormer Place Conference Centre Dormer Place, Leamington Spa CV32 5AA

**You are welcome to book onto ONE consultation and booking is ESSENTIAL!**

Please email [risecommunityoffer@covwarkpt.nhs.uk](mailto:risecommunityoffer@covwarkpt.nhs.uk) or call  
07917 504682 to book your time slot

These consultations are for parents/carers only

Please DO NOT bring children to the appointment

**Please DO NOT call the Rise Navigation Hub**

## Parent Information Sessions/ Coffee Chats

We also offer FREE parent information sessions and coffee chats within the local community! At these sessions you will have the opportunity to meet other parents and learn about common emotional wellbeing concerns in childhood and find out what you can do to help!

Parent Information Sessions are more structured sessions on a particular topic and afterwards, Coffee Chats are more informal, where you can get to know other parents and have a 'chat' about your experiences!

TOPIC	DATES	LOCATION
<u>Understanding and supporting children aged 12+ with <b>Anxiety</b></u>  Similar to the above topic, you will learn about anxiety in relation to young people aged 12+ years. You will also learn some new strategies to support a young person within this age group. You will also find out where you can access local support if you are worried about your child's emotional wellbeing.	24 <sup>th</sup> Sept 2019	Warwick Gates Community Centre Cressida Close Heathcote, CV34 6DZ
<u>Understanding and supporting <b>Siblings</b></u>  You will understand how siblings can be affected by the difficulties of their sibling. You will learn strategies and techniques to support siblings to better understand each other and support each other in the home environment. You will also find out where you can access local support if you are worried about your child's emotional wellbeing.	17 <sup>th</sup> Dec 2019	Warwick Gates Community Centre Cressida Close Heathcote, CV34 6DZ
<u>Understanding and supporting children and young people with <b>School Refusal</b></u>  You will gain an understanding of what school refusal is, who it affects and why. You will learn practical strategies and techniques you can do at home to support your child may be refusing to attend school. You will learn about developing an action plan to support your child to improve school attendance. You will also find out where you can access local support if you are worried about your child's emotional wellbeing.	5 <sup>th</sup> March 2020	Dormer Place Conference Centre Dormer Place, Leamington Spa, CV32 5AA
<u>Understanding and supporting healthy <b>Emotional Development</b> in children aged 3-11 years</u>  You will learn about healthy emotional development in childhood and understand what healthy emotional development looks like at different ages. You will learn about the challenges children and parents face at different ages and what can you do to help. You will learn practical strategies and techniques that may be helpful to support your child's emotional development and you will also find out where you can access local support if you are worried about your child's emotional wellbeing.	4 <sup>th</sup> June 2020	Dormer Place Conference Centre Dormer Place, Leamington Spa, CV32 5AA

Please note these sessions are for parents/carers ONLY & booking is ESSENTIAL

Please DO NOT bring children to these sessions

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to book your place

**Please DO NOT call the Rise Navigation Hub**