

CAMHS Parent/Carer Workshops

Come and join our Parent/Carer Workshops, run by Black Country CAMHS services (on MS Teams for 1 hours). Groups held 12pm - 1pm.

We know that suffering from mental health difficulties does not only affect the person struggling, but also the family around them. Parenting a child/young person with mental health difficulties can create additional challenges for parents.

We are running workshops exploring a range of difficulties that children/young people may experience, that can impact their emotional wellbeing.

22.04.2026 - Anxiety

27.05.2026 - Understanding Autism

17.06.2026 – Low mood in Children

15.07.2026 - Anger Conduct

23.09.2026 – Trauma with attachment

21.10.2026 – Self Harm with DBT skills

18.11.2026 – Anxiety and OCD



To register your interest telephone **Andrea Ehgartner / Nicole Whitehouse** on **01922 607400**



[bchft_camhs](https://www.instagram.com/bchft_camhs)



www.blackcountrychildrens.nhs.uk/camhs