



making carers count

PARENT/CARER SUPPORT PROGRAMME

Does your child visit CAMHS*?

* Child and Adolescent Mental Health Services

If they do then this free course, held over six weeks, will provide you as parents/carers with skills and support to help your child and improve your health and wellbeing.

Learn more about young people's mental health and recovery, effective communication skills, family culture, problem-solving and looking after yourself.

**Where: Oxlease House, Travellers Lane,
Hatfield, Hertfordshire, AL10 8TJ**

**When: Thursday 2nd, 9th, 16th, 23rd, 30th November
and 7th December 2017, evenings 7pm - 9pm**

For more information or to book your place:

Call: 01992 58 69 69

Email: contact@carersinherts.org.uk

Online: via the events calendar at www.carersinherts.org.uk

Please contact us if you want to discuss travel arrangements and alternative care costs to enable you to attend.

About Carers in Hertfordshire

We are a leading charity that supports unpaid carers throughout Hertfordshire.

We are partly funded by Hertfordshire County Council and the NHS in Hertfordshire. In partnership with them and other local organisations we provide services to carers to help them with their caring role, improve their health and wellbeing, give them a break from caring and have a voice in shaping services for them.

We support carers of all ages, including children, and our services are free of charge.

Carers in Hertfordshire

The Red House, 119 Fore Street, Hertford, Herts, SG14 1AX

Tel: 01992 58 69 69

Email: contact@carersinherts.org.uk

www.carersinherts.org.uk

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Our support for parents and carers.

We have two Mental Health Carer Involvement Workers who can provide advice and information and can support you to speak up.

We also:

- Give you a chance to meet and talk to other parents, carers and staff who understand;
- Give you the opportunity to represent your views to the authorities that commission and manage CAMHS (Child and Adolescent Mental Health Services) in Hertfordshire;
- Provide training and learning opportunities;
- Offer a Carers' Passport Discount Card that gives savings in shops, restaurants and other venues (contact us to apply for one today!)

