

# HOW TO COPE WHEN YOUR CHILD CANT

A one-day event focused on parents/carers understanding their own needs, and learning strategies to look after themselves as they support a young person with their own mental health needs.

The sessions will include looking at values goals and strengths. How parents/carers can maintain their sense of identity, achievements and fulfilment.

The afternoon will focus on

## **How to Feel Better as a Parent in Burnout**

Exploring what burnout is, what contributes to it, the signs and avoiding repeating cycle. An immersive workshop including self-care & nervous system regulation practices you can try. Led by Courtney Freedman-Thompson - coach and wellbeing practitioner with lived experience.

For more information and to book a place go to:  
<https://hampshirecamhs.nhs.uk/events/>

Some events have a small charge to allow us to cover costs, some discretionary free tickets are available

Thursday, 23 October 2025 9.30am - 3.15pm

Colbury Memorial Hall, 133 Main Rd,  
Totton, Southampton SO40 7EL

**Tickets £25**  
Tea, coffee and  
lunch included