

# FUTURE IN MIND



Do you care for a child or young person who struggles with their mental health and/or emotional wellbeing?

Would you like to meet other parents with similar experiences?

Would you like to hear about different Mental Health topics each month, presented by a CAMHS Clinician?

## Evening Sessions

8pm - 9pm

Weds 19th Jan

Thurs 17th Feb

Thurs 10th Mar

## WINCHESTER & TEST VALLEY

Wednesdays  
11am - 12pm

12th Jan  
9th Feb  
9th Mar

## BASINGSTOKE

Fridays  
11am - 12pm

28th Jan  
18th Feb  
25th Mar

## HART & RUSHMOOR

Thursdays  
11am - 12pm

13th Jan  
10th Feb  
10th Mar

## EASTLEIGH

Thursdays  
11am - 12pm

6th Jan  
3rd Feb  
3rd Mar

## Havant

Thursdays  
11am - 12pm

27th Jan  
17th Feb  
24th Mar

## FAREHAM & GOSPORT

Fridays  
11am - 12pm

7th Jan  
4th Feb  
4th Mar



HAMPSHIRE  
PARENT CARER

NETWORK

enabling voices to be heard



SESSIONS ARE TAKING PLACE VIA ZOOM  
DURING THE COVID-19 PANDEMIC.  
FOR LINKS OR FURTHER INFO, EMAIL  
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**Sept - Dec 2021**