

# 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 emotional regulation. When distress and emotional responses make situations challenging, how can we think clearly & avoid becoming overwhelmed.

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 and 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:  
[www.hampshirecamhs.nhs.uk/events/](http://www.hampshirecamhs.nhs.uk/events/)

Thursday, 8 May 2025 9.30am - 3.15pm

St Peter's Catholic Church Conference Centre,  
Jewry St, Winchester SO23 8RY

**Tickets £25**

Tea, coffee and  
lunch included