

# Stronger together

The chance to connect with like-minded people who have walked in your shoes.



**Walking With You** is a parent led support group for anyone supporting children and young people, up to the age of 25, experiencing mental health difficulties.

You can take part discussing shared experiences with other parents and carers as well as having **mental health professionals from CAMHs** on-hand to support and answer any questions you may have.

Currently sessions are being ran by Microsoft Teams. you can join or leave as any point (meetings are not recorded).

Our next three sessions are:

**Friday January 28th 10-11.30**  
Parental Communication

**Friday February 18th 10-11.30**  
Supporting Parents with diagnosed Children/Young people – Crisis Management

**Friday March 25th 10-11.30**  
Eating Disorders

If you would like to join our session/s or would like further information, please contact:

**Roxy Uritescu,**  
**Participation Lead,**  
**Barnardo's Bucks CAMHs & Oxford Health NHS Foundation Trust**  
at [\*\*roxana.uritescu@barnardos.org.uk\*\*](mailto:roxana.uritescu@barnardos.org.uk)

Please also confirm your consent to use your e-mail address.