

Trauma

Understanding the impact of trauma on a young person's brain, body and behaviour and how we can guide them from surviving to thriving

4 June Basingstoke
7 October Havant

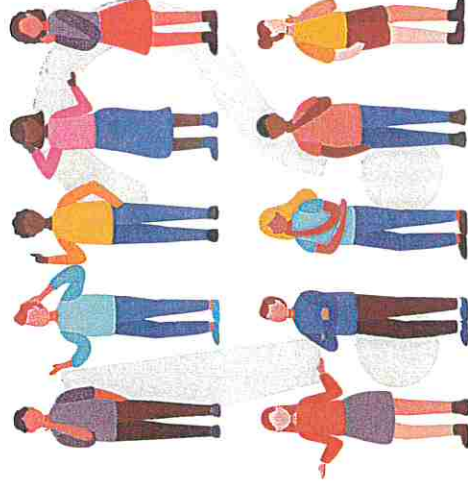
Anxiety

Understanding & strategies to support young people

28 January Basingstoke
11 November Havant



CHILDREN'S AND YOUNG PEOPLE'S MENTAL HEALTH INFORMATION & ADVICE SESSIONS



The first Wednesday of every month

10am - 2pm

The Arc, Jewry Street,
Winchester, SO23 8SB



You can book an appointment on our website



Or just drop in and see us

NHS
Hampshire Child and Adolescent
Mental Health Services

PARENTS, CARERS AND PROFESSIONALS EVENTS 2026



BOOK YOUR SESSION SPACES AT:

hampshirecamhs.nhs.uk/events

P.A.C.E. 2026

PARENT & CARER EVENTS

Free health & wellbeing events for all parents & carers who support or work with young people

DATE	LOCATION
26 February	Basingstoke
16 April	Eastleigh
8 May	Lyndhurst
25 June	Andover
5 October	Havant
23 October	Waterlooville



Scan this QR code to view our session itinerary for the day

EMBRACING AUTISM

Three days that focus on skills and strategies, for parents, carers and professionals supporting a child with Autism

- 4 February Havant
- 9 July Eastleigh
- 17 November Andover

Stopping Avoidable Suicides Initiative SASI

Hampshire CAMHS are offering a one-day training event on suicide prevention across three different locations in Hampshire

- 27 February Andover
- 11 June Waterlooville
- 2 October Eastleigh

UNDERSTANDING ADHD

Three days that focus on skills and strategies, for parents, carers and professionals supporting a child with ADHD

- 5 March Eastleigh
- 16 September Havant
- 3 November Andover

HOW TO COPE WHEN YOUR CHILD CANT

Three one-day events 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.

- 22 January Winchester
- 15 May Eastleigh
- 30 September Basingstoke