

P.A.C.E.

2023

PARENT, CARER & PROFESSIONAL EVENTS

A FREE HEALTH & WELLBEING EVENT FOR ALL PARENTS, CARERS & PROFESSIONALS WHO SUPPORT OR WORK WITH YOUNG PEOPLE

WHAT CAN I EXPECT?

PACE events consist of two main components:

1. A number of **specialist workshops** on young people's emotional health and wellbeing.
2. **Information stands** from local and national organisations.

Attendees can choose which sessions they would like to attend; select as many or as few as you would like to attend.

NOVEMBER 2ND 2023

LYNDHURST COMMUNITY CENTRE,
HIGH STREET, LYNDHURST, S043 7NY

PLUS!

Get a free information pack which has useful summary sheets of each session along with links of where to access further information and support for each session topic

Book your workshop space at hampshirecamhs.nhs.uk/events