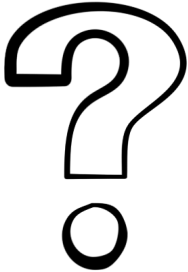




workshops for parents and carers



Are you the parent, carer or supporter of a young person who hears, sees or senses things that other people don't?

Would you like to learn more about these experiences and find out ways of supporting your child?

Would you benefit from meeting other parents and carers who are going through similar things?

Voice Collective (Mind in Camden's new project to develop peer support groups for young people (aged 12-18) who hear, see or sense things that others don't) is offering **FREE** training for parents, carers and supporters.

The course, running over **two** evening workshops, is taking place on both:

Monday 7th & 14th December (New dates!)

6 - 8.30pm (opening at 5.45pm for refreshments)

@ The Anna Freud Centre, Maresfield Gardens, NW3

(Nearest tube: Finchley Road (Jubilee and Metropolitan Lines))

Realising that your child is having these unusual experiences can be a confusing and difficult time for parents and carers. It's normal to have lots of questions and concerns.

However, there's research to suggest that young people who are supported to not fear these experiences, and find creative ways of coping with them, are much more likely to recover. In fact - 60% of young people stopped hearing voices over the course of a groundbreaking 3 year study, and many more found ways of living with them.

The workshops will cover:

the experience itself (and what it feels like); a range of causes & triggers; coping strategies & recovery; ways of supporting your child; ways parents and carers can make sure they're supported too; Voice Collective groups and how they can help



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To book your place, or find out more, please contact us

Email: info@voicecollective.co.uk, Call: 020 7241 8978

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