

# 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 April 28th 10-11.30am**  
Local Services Bucks County Council  
KOOOTH, SENDIAS, CAMHS/SPA.

**Friday May 26th 10-11.30am**  
Anxiety, Emotional regulation  
and Violent behaviours.

**Friday June 23rd 10-11.30am\***  
Transitions - CAMHS to AMS,  
School, University, apprenticeship  
work place.

\*face to face meeting

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

**Oma Nwajiuba,**  
Participation Lead  
Barnado's Bucks CAMHs & Oxford Health  
NHS Foundation Trust at  
[ekeoma.nwajiuba@barnardos.org.uk](mailto:ekeoma.nwajiuba@barnardos.org.uk)

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