

WALKING WITH YOU FORUM

JOIN OUR SUPPORTIVE COMMUNITY!

"Walking with You" is a welcoming, parent-led group for anyone caring for children and young people (up to age 25) facing mental health challenges.

Find a safe space to connect, ask questions, and share experiences at your comfort level. Learn from insightful discussions on topics that matter to you.

Sessions are led by Parent Peer Support Workers and held online via Microsoft Teams, with occasional coffee mornings. Drop in and out as needed.

Look forward to special guest events with professionals from CAMHS leading some of our sessions.

UPCOMING EVENTS

SEP
06

SCHOOL TRANSITIONS

11AM- 12PM ONLINE

OCT
04

SLEEP

11AM -12PM ONLINE

NOV

COFFEE MORNING

01

11 AM -12PM LOCATION SHARED WHEN BOOKED

DEC

SUPPORT AROUND CHRISTMAS TIME

06

11 AM -12PM ONLINE

TO REGISTER FOLLOW
THE LINK OR QR :



WWW.OXFORDHEALTH.NHS.UK/CAMHS/INVOLVEMENT/OXON/WWY/