

Has Your Child Struggled With Their Mental Health?

Ever Thought Of Using Your Experience To Help Other Parents & Carers?

A free one-hour information session led by lived experience parent carer peer support workers will explore how you could use your experiences to help other parents and carers whose children have mental health difficulties. Please join us to find out more and ask any questions you might have...

Wednesday 27 September, 12:30 - 13:30

Thursday 5 October, 12:30 - 13:30

For more information and to book:

<https://www.charliewaller.org/parent-carer-peer-support/events-for-parents-and-carers>

The Basics of Parent Carer Peer Support

A free four-hour session led by lived experience parent carer peer support workers and staff from children and young people's mental health services. This looks at aspects of parent carer peer support to help you think about whether this is something you might like to do.

You will receive a certificate from the Charlie Waller Trust on completion of the session.



Fri 13 October & Mon 16 October, 10.30-12.30

Thurs 19 October, 10.30-14.30

Note: The training is run over two days on 13 and 16 October, 10.30-12.30, and on one day on 19 October, 10.30-14.30.

For more information and to book:

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Full Parent Carer Peer Support Course

We will be offering our full parent carer peer support (PCPS) course starting in **January 2024**. This online training is free to attend and is available for both new and experienced PCPS Workers and will lead to a University certificate.

"I cannot begin to describe how proud I am to be helping and supporting families who are struggling just like I had. I've come full circle from needing support to supporting others and along the way I found me again".

If you are interested in the full course, please tell us now. It doesn't commit you to anything but helps us ensure there are enough places to meet demand.

Find out more or register your interest:

<https://www.charliewaller.org/parent-carer-peer-support/pcps-training>



**Parent Carer Peer Support in
Children & Young People's Mental Health**