

# 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 September 23rd 10-11.30**

Anxiety and challenges around going back to school

**Friday October 14th 10-11.30**

School avoidance and exclusion

**Friday November 25th 10-11.30**

Gender dysphoria and gender difficulties

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

**Oma Nwajiuba, Participation Lead**  
at [ekeoma.nwajiuba@barnardos.org.uk](mailto:ekeoma.nwajiuba@barnardos.org.uk)

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