



Oxford Health  
NHS Foundation Trust

# WALKING WITH YOU FORUM

TO BOOK EMAIL :  
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## 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** SCHOOL TRANSITIONS  
**06** 11AM- 12PM ONLINE

**OCT** SLEEP  
**04** 11AM -12PM ONLINE

**NOV** COFFEE MORNING WITH SUPPORTIVE STEPS  
**01** 11 AM -12PM LOCATION SHARED WHEN BOOKED

**DEC** SUPPORT AROUND CHRISTMAS TIME  
**06** 11 AM -12PM ONLINE

SUPPORTIVE STEPS

**CAMHS**  
Child and Adolescent  
Mental Health Service