

# OXFORDSHIRE 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

**JAN** POSTPONE -CYBER CHOICES  
**31** 12PM- 1PM ONLINE

**FEB** PARENTING EMOTIONS  
**07** 12PM -1PM ONLINE

**MAR** COFFEE MORNING  
**07** 12PM - 1PM BANBURY - LOCATION SHARED WHEN BOOKED

**APR** SUPPORTING THROUGH EXAM STRESS  
**04** 12PM-1PM ONLINE

**TO REGISTER FOLLOW  
THE LINK OR QR :**



[WWW.OXFORDHEALTH.NHS.UK/CAMHS/INVOLVEMENT/OXON/WWY/](http://WWW.OXFORDHEALTH.NHS.UK/CAMHS/INVOLVEMENT/OXON/WWY/)