



Mental Health  
Support Team  
Buckinghamshire

## MHST PARENT/CARER AND CHILD WORKSHOP

The Buckinghamshire Mental Health Support Team provide a variety of workshops for children, young people & their families across Buckinghamshire. This parent & child workshop will offer support on Zones of Regulation helping to identify & recognise feelings alongside strategies to manage strong emotions. It will be run by Education Mental Health Practitioners alongside Family Workers.

You are invited to come along  
to our interactive workshop  
for you and your child



Venue: St Mary's C of E School  
Time: 6pm- 7:30pm  
Date: Tuesday 8th October 2024

[www.oxfordhealth.nhs.uk/camhs/bucks/mhst](http://www.oxfordhealth.nhs.uk/camhs/bucks/mhst)

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