

P.A.C.E.

2026
PARENT & CARER EVENTS

NHS

Hampshire Child and Adolescent
Mental Health Services

Free health & wellbeing events for all parents & carers
who support or work with young people

DATE	LOCATION
Thursday, 26 February 2026	Basingstoke Queen Mary's College, Cliddesden Rd, Basingstoke, Hampshire RG21 3HF
Thursday, 16 April 2026	Eastleigh Junction Church, 2 Romsey Road, Eastleigh SO50 9FE
Friday, 8 May 2026	Lyndhurst Lyndhurst Community Centre, Central Car Park, High Street, Lyndhurst SO43 7NY
Thursday, 25 June 2026	Andover Winton Community Academy, London Rd, Andover, Hampshire SP10 2PS
Monday, 5 October 2026	Havant Trosnant School, Stockheath Lane, Havant, Hampshire PO9 3BD
Friday, 23 October 2026	Waterlooville Waterlooville Community Centre, 10 Maurepas Way, Waterlooville PO7 7AY

BOOK YOUR SESSION SPACE AT:

hampshirecamhs.nhs.uk/events

TIME	SESSION 1	SESSION 2
9:30 - 10:45	<p>New Understanding Adolescence & Their Mental Health What is adolescence & how can we understand teenage development. Brain development & the impact for young people at this stage of their lives. We will cover some ways to wellbeing for adolescents and consider how you as parents you can support your young person whilst maintaining your own wellbeing.</p>	<p>New Sleep Optimisation What is sleep and the importance of this. Why it may be difficult to sleep, & exploring what this is and how we can promote healthy sleep with some top tips.</p>
11 - 12:15	<p>A basic introduction to ADHD What is ADHD? Spotting the signs and symptoms from 5 years to 18 years. How to support a young person with symptoms of inattention, hyperactivity and impulsivity with or without an ADHD diagnosis.</p>	<p>New Understanding Suicide & Suicidal Thinking Understanding and increasing confidence in noticing and managing young people who may be distressed, not coping and at risk of self harm or suicide.</p>
12:15 - 12:45	Lunch break	Lunch break
12:45 - 14:00	<p>New Introduction to Low Mood Upskilling parents and carers to identify the signs of low mood in their young people and support them to break the cycle of low mood using activity scheduling and value based living techniques.</p>	<p>A basic introduction to Autism What is Autistic Spectrum Condition? Spotting the signs and symptoms Diagnosis: the process and things to know about the diagnostic assessment How to support a young person with ASC.</p>
14:15 - 15:30	<p>New School Avoidance & School Transition The session will aim to provide parents/carers an understanding of what emotionally based school avoidance is & the reasons why some young people find it difficult to attend school. Moving to a new school is a big life event we will cover common worries and how these might present in your child, strategies to manage worries that you can share with your child to help them build their resilience, as well as coping strategies to calm the physical symptoms of anxiety.</p>	<p>Parent Care - looking after yourself This session will focus on the needs and challenges for parents and carers, as well as provide a range of practical advice and strategies around how to look after yourself in order to better support the wellbeing of your child.</p>
15:45 - 17:00	<p>New Eight Skills to Support a Young Person This session will cover 8 different key skills and strategies that a parent/carer or professional can use to support a young person. It will be a practical and helpful opportunity to feel more confident and knowledgeable in supporting a young person.</p>	<p>Understanding & managing anxiety What anxiety is and how to spot the signs and symptoms of anxiety in children and young people. How to support a child and young person who experiences anxiety with practical strategies.</p>
17:15 - 19:30	<p>Understanding ADHD & the Strategies YOU need This session will include what ADHD is, practical strategies to support the child/ young person with identifying their strengths, prioritising tasks, building resilience and has a focus on maintaining wellbeing. It includes evidence-based parent/carer skills to manage behaviour that can challenge using Non-violent resistance skills. Overall the event provides tools to support children and young people with ADHD to thrive.</p>	<p>Supporting your autistic child to thrive This two-hour session will consider what areas of life can be challenging for autistic young people. We will think about how we can adapt our communication and the environment around the young person to make life easier and more suited to their needs. We will discuss practical changes that can be made in all the areas and give example of what these look like in real life. We will support you to think about the specific needs of your child and develop the beginnings of an individualised plan, providing the opportunity for discussion with other group members and the facilitators.</p>