



Parents' and Carers' Group

We believe in providing parents and carers with a platform where their voices and views can be seen, heard and valued.

The Mental Health Support Team in Westminster is planning a Parents' and Carer's Group meeting which will provide you with an opportunity to meet other parents and carers and discuss the challenges children and families are currently facing. We wanted to open this group to parents who are interested in emotional health and wellbeing of their children and would like to share with other parents their experience in order to support each other. The group will also give you an opportunity to provide feedback on the support received from the Mental Health Support Team if you have been supported by us.

The Group will meet approximately every 2 months and due to the current restrictions the meetings will be held remotely via Zoom. The first meeting will take place on the **6th of May at 4pm.**

In the meetings you will have a chance to:

- Talk to other parents and carers about the needs of children and young people in Westminster, current challenges your child is facing and what support is needed to improve children and young people's wellbeing
- Share your views and experiences around the use of mental health services by children and young people
- Give your feedback on the support from Mental Health Support Team

Interested? Contact the facilitator Agata on ABogdanowicz@bwmind.org.uk or call on 07786548530 for more information about how to sign up.