

# Stronger together



The chance to connect with like-minded people who have walked in your shoes.

**Walking With You** is a parent led support group for anyone supporting children and young people, up to the age of 25, experiencing mental health difficulties.

You can take part discussing shared experiences with other parents and carers as well as having **mental health professionals from CAMHs** on-hand to support and answer any questions you may have.

Currently sessions are being ran by Microsoft Teams. you can join or leave as any point (meetings are not recorded).

Our next sessions are:

**Friday 19th January 10-11.30**  
***Parent Check-in.***

Focus on how we're doing as parents/carers. Buckinghamshire County Council and SENDIASS will also attend.

**Friday 23rd February 10-11.30**  
***Food Issues & Eating Disorders***

**Friday 22nd March 10-11.30**  
***Self-harm and violent behaviours.***

Article 12, Barnardo's youth forum will support this session. (Face to face meeting, venue details to follow).

If you would like to join our session/s or would like further information, please contact:

**Roxy Uritescu**

Participation Lead  
Barnardo's Bucks CAMHs & Oxford Health NHS Foundation Trust at  
**[roxy.uritescu@oxfordhealth.nhs.uk](mailto:roxy.uritescu@oxfordhealth.nhs.uk)**

Please also confirm your consent to use your e-mail address.