

Wednesday 15th April 2026

Supplement



**Black Country Healthcare**  
NHS Foundation Trust

## **CAMHS Parent/Carer Workshops**

***Come and join our Parent/Carer Workshops, run by Black Country CAMHS services (on MS Teams for 1 hours). Groups held 12pm - 1pm.***

We know that suffering from mental health difficulties does not only affect the person struggling, but also the family around them. Parenting a child/young person with mental health difficulties can create additional challenges for parents.

We are running workshops exploring a range of difficulties that children/young people may experience, that can impact their emotional wellbeing.

**22.04.2026 - Anxiety**

**27.05.2026 - Understanding Autism**

**17.06.2026 – Low mood in Children**

**15.07.2026 - Anger Conduct**

**23.09.2026 – Trauma with attachment**

**21.10.2026 – Self Harm with DBT skills**

**18.11.2026 – Anxiety and OCD**



To register your interest telephone **Andrea Ehgartner / Nicole Whitehouse** on  
**01922 607400**



[bchft\\_camhs](https://www.instagram.com/bchft_camhs)



[www.blackcountrychildrens.nhs.uk/camhs](http://www.blackcountrychildrens.nhs.uk/camhs)



# Register for Walsall Family Hubs

## Expecting a baby or caring for a child under 5?

Complete a quick online registration to become a member of our Walsall Best Start in Life Family Hubs!

### Why register?

- Book FREE activities, courses, and support .
- Get updates about events, groups, childcare and so much more!

### Need help?

Pop into your local Family Hub and speak to a member of the team.

We'll help you get registered and explain how your information is kept safe.

Or simply scan the QR code below to sign up today!

Scan here



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Email: [familyhubs@walsall.gov.uk](mailto:familyhubs@walsall.gov.uk)



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