

# Navigating Life Whilst Looking After Yourself & Others

Thursday 30th January 2020

We are pleased to announce the fourth session as part of the Child & Adolescent Emotional Wellbeing Programme which is being run by Bedfordshire CAMHS

**When:** Thursday 30th January 2020  
**Time:** 6 - 8.30pm (arrival from 5.45pm)  
**Where:** King's House, 245 Amphill Rd, Bedford MK42 9AZ

## Who can attend?

- ⇒ Any parent or carer who has a child registered at a Bedfordshire GP
  - ⇒ You do NOT need to be accessing CAMHS
  - ⇒ Siblings & family members over the age of 18

This session is on navigating life whilst looking after yourself & others and it will focus on the important elements of yourself and your family, with a primary focus on emotional wellbeing as a whole



## How can I book tickets?

Tickets are free and are available online from [Eventbrite](#). You can also scan the QR code on your smartphone for access to the website.

## Where can I find more information?



@EastLondonNHSFoundationTrust



@camhs wellbeing1

www.

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



[www.eventbrite.co.uk](http://www.eventbrite.co.uk)