

# Low Mood

## Tuesday 16th July 2019

**This is the fifth session of the Child & Adolescent Emotional Wellbeing Programme which is being run by Bedfordshire CAMHS**

**Please note that these sessions are for parents & carers only**

**When:** Tuesday 16th July 2019

**Time:** 6—8pm (arrival from 5.45pm)

**Where:** The Rufus Centre, Steppingley Road, Flitwick, Bedford MK45

**In this session we will focus on low mood including signs and symptoms, along with possible causes.**

**It will allow you to develop strategies to support children and young people who may be experiencing low mood**

### How can I book tickets?

Tickets are free and are available online from [www.eventbrite.co.uk](http://www.eventbrite.co.uk) by searching for 'child and adolescent wellbeing'

You can also scan the QR code on your smartphone for access to the website



### Information for Professionals

We have availability for a limited number of professionals to attend this session, if you are interested then please contact the office on 01234 310800/01234 893301 and ask for Kirsty Sharp or Sue Hollingsworth to book with them directly

Please let the receptionist know that you are calling regarding tickets for the event, this is to ensure you are passed to the right person!