



Children's Minds~Families Matter

2nd Saturday of every month.

2-4 pm

Devonport Park Activity Centre,

Fore Street

Plymouth PL1 4BU

**Free activity, support & participation group for families
supporting young people with mental and emotional health issues'**

Hosted by

Routeways & Plymouth Parent Carer Voice

**Attended monthly by James Cook from the Child Development Centre
& Ruth Houghton CAMHS Community team.**



**Questions?
Contact Rose Taylor at Routeways 01752 856719**

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Children's Minds ~ Families Matter

Date	Theme
8 th September	Coping with changes and transitions.
13 th October	Self-harm /destructive behaviours.
10 th November	Understanding emotions and feelings – dealing with sensory overload
8 th December	Sense Aware session
12 th January	Mental health strategies for the whole family
9 th February	Diagnosis.....now what?
9 th March	Physical Activity and Mental Health
13 th April	Eating for mental health.
11 th May	Plan ahead – ways to keep occupied and activities available over the holiday.
8 th June	Keeping safe over the holidays.
13 th July	End of year celebration and planning ahead.

Agenda Format

Time	Activity
14:00	Tea/coffee etc. Welcome. Ice breaker introductions.
14:30	Children Parents Spilt
	Children: Creative activities/play
	Parents/carers: Professionals session on week's theme.
15:30	Families rejoin. Group activity with RW / PPCV Time for individual questions with CAMHS /CDC
16:00	Closing activity- mindfulness.