

The poster has a light blue background with a white speckle pattern. In the top left corner, there is a yellow sun partially obscured by a white cloud. The main title 'P.A.C.E.' is written in large, white, 3D block letters with dark blue shadows. Below it, 'PARENTS AND CARERS EVENTS' is written in white, sans-serif capital letters. Various topics are listed in white clouds, and the event details are at the bottom.

# P.A.C.E.

## PARENTS AND CARERS EVENTS

Anxiety  
management

To increase confidence,  
knowledge in managing  
potential concerns

Suitable for professionals  
working with young  
people

Crisis and  
self harm

Free event for all  
parents and carers

Challenging  
behaviour

Info from local and  
national organisations  
and agencies

Brought to you by  
Hampshire CAMHS

# PLUS MUCH MORE

Eating  
difficulties

Help  
Advice  
Support

Friday 11 May 2018 - 11am-7pm  
Park community school, Middle Park Way, Havant, PO9 4BU  
Free event although booking is required  
Book your place at  
[www.fitfesthampshire.com](http://www.fitfesthampshire.com)

Room/ Time			
11.00-11.45	Substance Misuse Catch 22	Supporting a child with transition	Challenging Behaviour Daniel Spiers Prim Beh team
12.00-12.45	Gender Identity tbc	Helping boost body image and self-esteem ED Team	Crisis and Self-Harm Natalie & Ellyse
13.00-13.45		Supporting a child with eating difficulties ED Team	Autism Awareness Juliet Lowther
14.00-14.45	Where to go for help & support Early help team	Supporting a child who is being bullied Donna life ed	Anxiety Management
15.00-15.45	Helping boost body image and self-esteem ED Team	Supporting a child with transition	Crisis and Self-Harm Natalie & Ellyse
16.00-16.45	Gender Identity tbc	Supporting a child who is being bullied Donna Life ed	Challenging Behaviour Daniel Spiers Prim Beh team
17.00-17.45		Supporting a child with eating difficulties ED Team	Anxiety Management
18.00-18.45	Where to go for help & support Early Help team	Managing ADHD Matt	Autism Awareness