

October 2019

Dear Parent/Guardian,

We are writing to invite you a group that Greenwich CAMHS is offering to parents with children who are experiencing anxiety.

The group aims to help parents to:

- Develop understanding of anxiety in children with additional needs (e.g. Autistic spectrum disorder)
- Learn how to support their anxious child
- Identify behaviours which may be accommodating their child's anxiety
- Develop ways to manage their own anxiety and stress.

The group will also be a good opportunity to meet other parents in the same situation and to discuss and share ideas. Sara Johnson will also be attending the group & supporting parents.

The group will run across 3 sessions, with an additional individual review session at the end. Please see below dates for the group sessions. Individual sessions will be arranged following completion of group.

The group will be run by Hannah Grimsley, Senior Clinical Nurse, Jessica Florio, CAMHS Specialist Nurse & Kate Thornton, CAMHS Family Therapist, Sara Johnson, Family Support Worker CPA.

Dates:

- Friday 15th November 10-12pm
- Friday 22nd November 10-12pm
- Friday 29th November 10-12pm



All sessions will be held at Trinity- Burrage road Plumstead SE18 7JW

Please could you contact Sara Johnson or Hannah, Jessica or Kate from CAMHS on the above telephone number.

Please note that your child does not need to be under CAMHS to attend this group. Many children with Autism or Learning Disabilities experience anxiety but will not be under CAMHS.

If you have any questions, please do not hesitate to contact us.

Yours Sincerely,

**Hannah Grimsley, Senior Clinical Nurse
Jessica Florio, CAMHS Specialist Nurse
Kate Thornton, CAMHS Family Therapist
Sara Johnson, Family Support Worker, Charlton Park Academy**