

# P.A.C.E.

PARENTS AND CARERS EVENTS

**Anxiety  
Management**

**To increase  
confidence,  
knowledge in  
managing  
potential  
concerns**

**Free event  
for all  
parents &  
carers**

**Challenging  
Behaviour**

**Info from  
local & national  
organisations  
and agencies**

**PLUS  
MUCH  
MORE**

**Crisis &  
self harm**

**Brought to  
you by  
Hampshire  
CAMHS**

**Help  
Advice  
Support**

**Eating  
Difficulties**

**Tuesday 30<sup>th</sup> January 2018**

**11am-7pm**

**Winchester Guildhall**

**Free event although booking required Booking your  
place:**

**[www.fitfesthampshire.com](http://www.fitfesthampshire.com)**