



# Future in Mind

Looking to promote  
**POSITIVE MENTAL HEALTH**  
in your 0-25 year old?

- 🍃 The Hampshire Parent Carer Network invites all parent carers to free support.
- 🍃 Free workshops with trained professionals
- 🍃 Connect and gain support with peers
- 🍃 Build knowledge and feel empowered

## Day and Evening Sessions In-Person Across Hampshire & Online

- 🍃 Anxiety - covering various ages and stages
- 🍃 Bullying - helping parent carers to support their young person
- 🍃 Neuro-affirming professionals - supporting Autism & ADHD
- 🍃 School Transitions - supporting through anxiety, fears & worries
- 🍃 Self-Harm, self Injury & suicidal thoughts
- 🍃 Trauma Informed Parenting
- 🍃 OCD, Tourettes and Tics
- 🍃 Eating Disorders & ARFID

**Plus many more important topics  
coming this year!**

**Book via**  
**[www.linktr.ee/futureinmind](http://www.linktr.ee/futureinmind)**

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