

FREE workshop for parents & carers



Does your child hear voices, see visions or have other unusual experiences? Come and meet other parents who know what it's like.

The workshop will enable you to:

- Meet other parents of young people who hear voices
- Learn more about voices and visions, discovering some helpful coping strategies
- Share your experiences with, and get support from, people who've been there too
- Meet the Voice Collective team and find out more about the support available to you and your child
- Chill out and have time focussed on you

Who is the Workshop for?

Any parent or supporter (uncle, aunt, carer, family friend etc) of a young person who has experiences like these.

You may already have lots of experience around supporting your child, or you may feel confused and/or out of your depth.

Can I bring my child with me?

We are also running a creative workshop for young people in the same venue, so you're welcome to bring your child to that if they would like to come. Just contact us for information and a booking form.

**Saturday
12th Feb 2011
1 - 4pm**



Venue:

The Level Young Peoples Centre
2-12 Cambridge Heath Road
Whitechapel, London, E1 5QH
(**Tube:** Whitechapel or 10mins from Bethnal Green)

To book your place or if you have any questions:

E: info@voicecollective.co.uk

T: Rachel / Dzifa 020 7625 9042



For better
mental health
MIND IN CAMDEN

**COMIC
RELIEF**

London | *Catalyst*

Voice Collective is Mind in Camden's peer support project for young people (aged 12-18) who hear, see or sense things that others don't. See www.voicecollective.co.uk



Parents Workshop: Booking Form

ABOUT YOU

Name:

Address:

Email:

Phone:

Do you have any access requirements or health conditions it would be helpful for us to know?

We will be providing snacks. Please tell us any foods you are allergic to or can't eat:

AIMS/EXPECTATIONS

Please share with us anything that you'd like to get out of coming to the workshop.

YOUR CHILDREN

If your child/children would like a place at the young people's workshop please put their name here and fill out a booking form for each one. If you haven't got a booking form please contact us and we'll send you one out.

Name:

Age:

Name:

Age:

Name:

Age:

Please return completed booking form to:

Dzifa Afonu, Development Worker, info@voicecollective.co.uk, 020 7625 9042

Voice Collective, Mind in Camden, Crossfields Centre, 8 Fairhazel Gardens, London, NW6 3SG