

P.A.C.E

2026
PARENT & CARER EVENTS

A free mental health & wellbeing event
for all parents and carers who support
or work with young people

THURSDAY, 26TH FEBRUARY 2026

QUEEN MARY'S COLLEGE, CLIDDESSEN RD, BASINGSTOKE, HAMPSHIRE RG21 3HF

WHAT CAN I EXPECT?

PACE events consist of two main components:

1. A number of introductory sessions on young people's emotional health and wellbeing.
2. Information stands from local organisations.

Attendees can choose which sessions they would like to attend; select as many or as few as you would like to attend.

NEW SESSIONS:

- Understanding Adolescence & Their Mental Health
- Introduction to Low Mood
- School Avoidance & School Transition
- Eight Skills to Support a Young Person
- Sleep Optimisation
- Understanding Suicide & Suicidal Thinking

To find out more
and to book
scan this QR code



BOOK YOUR SESSION SPACE AT:

hampshirecamhs.nhs.uk/events

TIME	SESSION 1	SESSION 2
9:30 - 10:45	<p>New Understanding Adolescence & Their Mental Health What is adolescence & how can we understand teenage development. Brain development & the impact for young people at this stage of their lives. We will cover some ways to wellbeing for adolescents and consider how you as parents you can support your young person whilst maintaining your own wellbeing.</p>	<p>New Sleep Optimisation What is sleep and the importance of this. Why it may be difficult to sleep, & exploring what this is and how we can promote healthy sleep with some top tips.</p>
11 - 12:15	<p>A basic introduction to ADHD What is ADHD? Spotting the signs and symptoms from 5 years to 18 years. How to support a young person with symptoms of inattention, hyperactivity and impulsivity with or without an ADHD diagnosis.</p>	<p>New Understanding Suicide & Suicidal Thinking Understanding and increasing confidence in noticing and managing young people who may be distressed, not coping and at risk of self harm or suicide.</p>
12:15 - 12:45	<p>Lunch break</p>	<p>Lunch break</p>
12:45 - 14:00	<p>New Introduction to Low Mood Upskilling parents and carers to identify the signs of low mood in their young people and support them to break the cycle of low mood using activity scheduling and value based living techniques.</p>	<p>A basic introduction to Autism What is Autistic Spectrum Condition? Spotting the signs and symptoms Diagnosis: the process and things to know about the diagnostic assessment How to support a young person with ASC.</p>
14:15 - 15:30	<p>New School Avoidance & School Transition The session will aim to provide parents/carers an understanding of what emotionally based school avoidance is & the reasons why some young people find it difficult to attend school. Moving to a new school is a big life event we will cover common worries and how these might present in your child, strategies to manage worries that you can share with your child to help them build their resilience, as well as coping strategies to calm the physical symptoms of anxiety.</p>	<p>Parent Care - looking after yourself This session will focus on the needs and challenges for parents and carers, as well as provide a range of practical advice and strategies around how to look after yourself in order to better support the wellbeing of your child.</p>
15:45 - 17:00	<p>New Eight Skills to Support a Young Person This session will cover 8 different key skills and strategies that a parent/carer or professional can use to support a young person. It will be a practical and helpful opportunity to feel more confident and knowledgeable in supporting a young person.</p>	<p>Understanding & managing anxiety What anxiety is and how to spot the signs and symptoms of anxiety in children and young people. How to support a child and young person who experiences anxiety with practical strategies.</p>
17:15 - 19:30	<p>Understanding ADHD & the Strategies YOU need This session will include what ADHD is, practical strategies to support the child/ young person with identifying their strengths, prioritising tasks, building resilience and has a focus on maintaining wellbeing. It includes evidence-based parent/carer skills to manage behaviour that can challenge using Non-violent resistance skills. Overall the event provides tools to support children and young people with ADHD to thrive.</p>	<p>Supporting your autistic child to thrive This two-hour session will consider what areas of life can be challenging for autistic young people. We will think about how we can adapt our communication and the environment around the young person to make life easier and more suited to their needs. We will discuss practical changes that can be made in all the areas and give example of what these look like in real life. We will support you to think about the specific needs of your child and develop the beginnings of an individualised plan, providing the opportunity for discussion with other group members and the facilitators.</p>