

**DATES  
FOR SUMMER  
TERM 2016**

# Introductory CCAMHS Workshops on Anxiety, Self Harm and Building Resilience

**Anxiety - 27th April 5:30-7:30pm**

**Self Harm - 25th May 5:30-8pm**

**Resilience - 28th June 5:30-8pm**

**At the Community CAMHS Clinic  
7 Pyle Street, Newport, PO30 1JW  
Tea and Coffee will be provided**

**This workshop is open to any professional working with  
children and young people (0-18 years)  
If you would like to attend please contact us on 523602 or at  
[ccamhs@iow.nhs.uk](mailto:ccamhs@iow.nhs.uk)**

**Places are limited and will be given on a first come first  
served basis. If you book a place and are then unable to  
attend please contact us as soon as possible or send someone  
else in your place.**

Isle of Wight NHS Trust

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