

**West Cheshire 0-16 CAMHS**

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| Out of hours Advice Line<br>01244 397644<br>Mon- Fri 5pm- 10pm Sat-Sun 12pm 8pm |
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**SESCO Department**

22<sup>nd</sup> November 2018

Dear Colleagues,

Following the success of last year's exam stress training for students and parents, we are pleased to announce that West Cheshire CAMHS will again offer this training.

Due to the high demand for this training, we will be delivering this at Storyhouse, Chester. This hour-long session will provide helpful tips for both parents and students in managing the stress of exams. There will also be an opportunity to speak with one of the mental health practitioners from CAMHS with any questions following the presentation. This training is directed at students working at GCSE level or above.

There are two dates on offer:

**Wednesday 23<sup>rd</sup> January 2019 4pm-5pm**

**and**

**Wednesday 27<sup>th</sup> February 2019 4pm – 5pm**

**Venue: Storyhouse, Hunter St, Chester, CH1 2AR**

We would be grateful if you could share this event with your students and parents. Parents/students will need to confirm their place by calling the above number. Places will be offered on a first come, first served basis.

Please do not hesitate to contact one of the team on the above number if you require any further clarification.

Yours sincerely,

Tier 2 CAMHS team



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