



# FLASH

Families learning about self harm

## Do you know of a young person aged 11-17 who is self harming?

FLASH is a group course for parents/carers of a young person who is exhibiting self harming behaviour, it aims to create better communication and personal relationships.

The course will cover:

- Explain self harm and how to relate
- Demonstrate the developmental processes
- Deliver practical strategies
- Improve listening, praise and encouragement skills
- Set realistic expectations of parents/carer

FLASH  
is completely free,  
non judgemental  
and offers infor-  
mation

CAVS Family Mentoring Service in partnership with EWMHS will be running the FLASH programme-

**Date**– 20th January 2022– 31st March 2022

**Time**– 10am– 12pm

**Location**– Zoom

For more information or to book your place, contact

CAVS: 01268 214 000

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