



Do you know a young person who is self harming?

FLASH is a course for parents to learn practical skills, over 10 weekly sessions.

Starting the 16th of January 2019 at The Whitehouse (behind Castle point Council Building)

The course will run 6pm—8pm

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

For more information or to book your place, contact

CAVS: 01268 214 000,

familymentoring@castlepointavs.org.uk

