Next Week at Re:Minds

23rd – 27th November

Book ahead

10.30am · Tuesday 24th November

Eating Disorders Advice Clinic

A private 15-minute virtual appointment with the Eating Disorders Team at Southampton Specialist CAMHS. If you have concerns about your child's eating or relationship with food. This might include restrictive eating, strong food preferences or avoidance, anxiety around food, or worries about weight and body image. The team can offer advice, early support, and guidance on what to do next.

Book your slot: info@reminds.org.uk

Drop in

10am–12pm · Friday 27th November

Shirley Support Group

These meetings are an opportunity to chat with other families in similar situations over a cuppa! It is a good place to ask for advice about anything that is worrying you, with the group or on a 1:1 basis. There is never any pressure to talk, it's fine to just sit and listen. All support groups are open to parents/carers living in any area. Held at St James Road Methodist Church, Southampton, SO15 5HE

No booking needed - just drop in

Please check our Facebook events page for any changes, or visit our website to find out more information about our advice clinics and support groups.

reminds.org.uk /groups/reminds info@reminds.org.uk

With thanks to

NHS Hampshire and Isle of Wight CAMHS Child and Adolescent Mental Health Services Shentons Solicitors