

"The supported children who I've met through 'Kids Time Workshop' have not questioned their parents love and concern and have been fiercely protective of them...but being part of a project focusing on their children's needs I know has actually made me feel better"
(mother who had suffered repeated bipolar episodes)

"This is probably the only outlet for them to be what the project is named after, kids"
(grandparent)

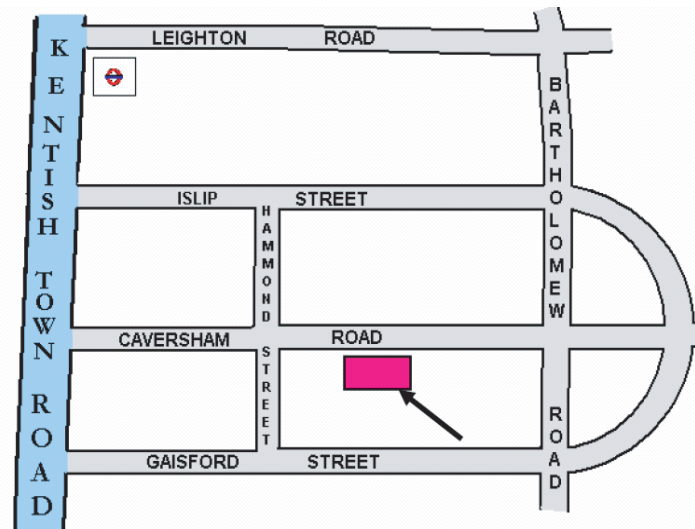
What I liked about KTW was?
"Everyone was listening to each other"
(young person)

Address:

Vadnie Bish House
33-43 Caversham Road
London NW5 2DR

Nearest Train: Kentish Town Tube
Kentish Town Train

Bus: C2, 134, 214.



Do you find it difficult to talk about mental ill health in your family?

KIDSTIME

is a workshop for children and parents affected by parental mental ill health

fwa

Family Welfare Association

Camden MALT

Camden and Islington 
NHS Foundation Trust

Kidstime

Who is the workshop for?

Children (of any age providing reasonable verbal skills) and young people who are affected by mental health issues in their family.

What we offer is...

- A safe space for families to talk openly about mental illness.
- The opportunity to learn about mental illness from professionals.
- Discussion groups for parents.
- Drama/Artwork/Games for children and young people.
- Refreshments
- Help getting there.

Our aim is to...

- Reduce feelings of isolation.
- Increase confidence by providing a safe environment.
- Provide information and share experiences.
- Answer questions and explore myths about mental health illness.

What we promise...

We aim to be a confidential service and we will ask you and your child who you're happy for us to talk to. However, we believe that the needs of the child are most important so, if we have any concerns about your child, we cannot ensure 100% confidentiality.

One more thing, you may bring a trusted professional to help you access the group.

For more information contact:

Gaby or Sue on 0207 272 4412
(for families in Islington)

Sabbi 020 7974 3165 or
Alan 07966 373256
(for families in Camden)

**The workshop is monthly
always from 17:00 to 19:30**

Kidstime is run as a partnership
between
Camden and Islington
NHS Foundation Trust,
Camden MALT
and
Family Welfare Association,
the UK's leading family charity.