



CREATE

CREATE is an 8-session in person group for the young people and a concurrently run 6-session online group for their foster carers.

CREATE uses creativity and practical exercises to help young people and their carers learn what PTSD is and how it can affect them/their young person, such as with settling into new homes, making friends, concentration, appetite and sleeping well. In the group we will teach techniques for managing PTSD symptoms that the young people can then practice at home whilst being supported by their carers.

If you have any questions please email awp.camhsarc@nhs.net