





Are you coming  
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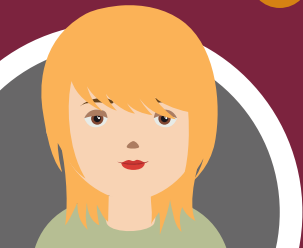
children's ward or the teenage unit?

## ARE YOU WORRIED?

WOULD YOU LIKE TO COME TO ONE OF OUR GROUPS

WHERE YOU CAN:

-  Talk about your fears
-  Get help to cope with anxiety
-  Learn techniques for managing pain
-  Discover easy ways to swallow tablets



There's also an opportunity for **parents** to think about how to cope when their child is in hospital and how to manage when they come home.

**Contact:** Robyn Miller,  
Paediatric Clinical Psychologist  
Telephone: **07837 170 800**