

# Children's Wellbeing Team

SUMMER WORKSHOPS



### WHO ARE WE?

We are a team of Children's Wellbeing Practitioners (CWPs) based in Surrey.

We are part of the Mindsight Surrey Child and Adolescent Mental Health Service (CAMHS) and work in partnership with selected primary and secondary schools.

### WHAT DO WE OFFER?

We offer confidential support in the form of online workshops for a variety of difficulties.

We have put together a timetable of our offer that we have for the summer.

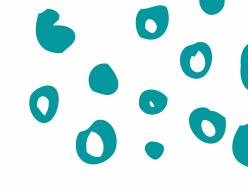
We will run a series of workshops between 13th July - 5th August, which will then be repeated between 10th August - 2nd September. We hope to release more dates soon!

We also offer 1:1 support (please see our attached leaflet for more information).









JULY/AUGUST 2020 WORKSHOPS	TIME/DATE
ANXIETY (PART 1): WHAT IS ANXIETY?	MONDAY 13.07.2020 15.30 - 16.45
LOW MOOD (PART 1): WHAT IS LOW MOOD?	WEDNESDAY 15.07.2020 15.30 - 16.45
ANXIETY (PART 2): STRATEGIES FOR MANAGING ANXIETY	MONDAY 20.07.2020 15.30 - 16.45
LOW MOOD (PART 2): STRATEGIES FOR LOW MOOD	WEDNESDAY 22.07.2020 15.30 - 16.45
SUPPORTING SELF-ESTEEM AND SELF-CONFIDENCE	MONDAY 27.07.2020 15.30 - 16.45
FRIENDSHIPS	TUESDAY 28.07.2020 15.30 - 16.45
ANGER MANAGEMENT	MONDAY 03.08.2020 15.30 - 16.45
SUPPORTING YOUR WELLBEING IN THE RETURN TO SCHOOL	WEDNESDAY 05.08.2020 15.30 - 16.45

AUGUST/SEPTEMBER 2020 WORKSHOPS	TIME/DATE
LOW MOOD (PART 1): WHAT IS LOW MOOD?	MONDAY 10.08.2020 15.30 - 16.45
ANXIETY (PART 1): WHAT IS ANXIETY?	WEDNESDAY 12.08.2020 15.30 - 16.45
LOW MOOD (PART 2): STRATEGIES FOR LOW MOOD	MONDAY 17.08.2020 15.30 - 16.45
ANXIETY (PART 2): STRATEGIES FOR MANAGING ANXIETY	WEDNESDAY 19.08.2020 15.30 - 16.45
FRIENDSHIPS	MONDAY 24.08.2020 15.30 - 16.45
SUPPORTING SELF-ESTEEM AND SELF-CONFIDENCE	WEDNESDAY 26.08.2020 15.30 - 16.45
SUPPORTING YOUR WELLBEING IN THE RETURN TO SCHOOL	TUESDAY 01.09.2020 15.30 - 16.45
ANGER MANAGEMENT	WEDNESDAY 02.09.2020 15.30 - 16.45

## HOW DO I JOIN A WORKSHOP?

1

Decide which workshops you would like to attend

2

Register attendance for each workshop via Survey Money (see next page)

3

You will be sent an email with the Zoom invite

### **REGISTER HERE:**



You will then be sent an email with invites to each of the workshops you selected. Please make sure you provide us with an email that you can access over the summer holidays!

### HAVE OTHER QUESTIONS?

Speak to a member of staff at your school if you have any other questions as they may be able to help. Alternatively, they may be able to put you in contact with us directly.

#### **FURTHER SUPPORT:**

If you would like 1:1 support from the CWP team, please see our leaflet or speak with a member of staff from your school.

You may also wish to check out:
www.kooth.com
www.cyphaven.net
www.youngminds.org.uk

You can also contact the Surrey CAMHS Single Point of Access on 0300 222 5755, option 1 for signposting and advice.

