

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:

Follow the link and select the workshops you would like to attend - <https://www.surveymonkey.co.uk/r/M7PBXDH>

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.

