

Shropshire Beam are pleased to provide Summer 2022 Virtual workshops for Parents & Professionals starting on Wednesday 27th July 2022 for six weeks.

Details below in chart, all you need to do is click on Link at the appropriate time of chosen Workshop. All workshop will be done via M S Teams Video call, we are unable to record sessions. The Workshops are derived to be informative and engaging sessions, please be willing to participate during the sessions.

There are three Workshops which will be rolled out to the end of August 2022 at midday to enable more people to attend, please see the following details of content:-

- **Managing Anxiety** – aims & Objectives are to pass over psycho - education within the topic followed by practical suggestions of methods & techniques to help support the youth experience issues with anxiety.
- **Wellbeing Planning** – a workshop which explains & provides a tool for Children & Young people to support their general Emotional Health & Wellbeing, it recognises triggers and promotes self-awareness, his can also be used as a relapse tool to support resilience.
- **Sleep Support** - aims to pass over psycho - education within the topic followed by practical suggestions & advise of methods & techniques to help support the children & young people having difficulties with getting to sleep and staying a sleep. This workshop will be rolled out twice over the four weeks, due to popular demand.

Date & Time	Title	M S Teams Link
Wednesday 27 th July at 12:00 Middy	Managing Anxiety	<p>Microsoft Teams meeting</p> <p>Join on your computer or mobile app</p> <p>Click here to join the meeting</p> <p>Or join by entering a meeting ID</p> <p>Meeting ID: 365 823 963 480</p> <p>Passcode: NwkjW5</p> <p>Learn More Meeting options</p>
Wednesday 3 rd August at 12:00 Middy	Sleep Support	<p>Microsoft Teams meeting</p> <p>Join on your computer or mobile app</p> <p>Click here to join the meeting</p>

		<p>Or join by entering a meeting ID Meeting ID: 348 740 046 537 Passcode: vHRJeQ Learn More Meeting options</p>
Wednesday 10 th August at 12:00 Middy	Wellbeing Planning	<p>Microsoft Teams meeting Join on your computer or mobile app Click here to join the meeting Or join by entering a meeting ID Meeting ID: 319 267 568 64 Passcode: ANouQG Learn More Meeting options</p>
Wednesday 17 th August at 12:00 Middy	Managing Anxiety	<p>Microsoft Teams meeting Join on your computer or mobile app Click here to join the meeting Or join by entering a meeting ID Meeting ID: 352 455 366 375 Passcode: X2fXLM Learn More Meeting options</p>
Wednesday 24 th August at 12:00 Middy	Sleep Support	<p>Microsoft Teams meeting Join on your computer or mobile app Click here to join the meeting Or join by entering a meeting ID Meeting ID: 357 320 749 683 Passcode: JL8to9</p>

		Learn More Meeting options
Wednesday 31 st August at 12:00 Midday	Wellbeing Planning	<p>Microsoft Teams meeting</p> <p>Join on your computer or mobile app</p> <p>Click here to join the meeting</p> <p>Or join by entering a meeting ID</p> <p>Meeting ID: 343 642 165 560</p> <p>Passcode: z9G8uV</p> <p>Learn More Meeting options</p>

Shropshire, Telford & Wrekin Beam
The Children's Society

Website: <https://www.childrenssociety.org.uk//beamshropshire>

Email: shropshirebeam@childrenssociety.org.uk