

CAMHS ONLINE WELLBEING WORKSHOPS

28th – 30th May 2024

CAMHS will be running a range of workshops on MS Teams in May Half Term 2024 for young people in **year 6 & above**, and their families across Gwent.

Please use the booking form/QR code below and make sure to book on at least 24 hours before the session.

Parents are welcome to attend with their young person, but we will not be able to answer any individual CAMHS queries during the workshop time.

UNDERSTANDING ANXIETY & WORRY

This workshop explores what anxiety is and sharing strategies to manage feelings of anxiety in a positive way

Tuesday 28th May 2024
11:00am – 1:00pm

UNDERSTANDING EMOTIONS

This workshop explores feelings and emotions while offering new ways to regulate our emotions.

Wednesday 29th May 2024
11:00am – 1:00pm

5 WAYS TO WELLBEING

This workshop shares tips and ideas on easy ways that you can actively improve your own well-being

Thursday 30th May 2024
11:00am – 1:00pm

BOOKING INFORMATION

To register for one of the listed sessions, follow the Microsoft Forms link or scan the QR code:

<https://forms.office.com/e/BABqzt2mVb>

