

Shropshire Beam

Virtual workshops for Parents & Professionals from September 2023. All virtual workshops will take around an hour.

All details below in the chart, you need to click on Link at the appropriate time of chosen Workshop. All workshops 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 four Workshops which will be rolled out at 4pm 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, this 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 & advice of methods & techniques to help support the children & young people having difficulties with getting to sleep and staying asleep. This workshop will be rolled out twice over the four weeks, due to popular demand.

| Date & Time | Title | M S Teams Link |
|---|-------------------------------|--|
| Wednesday 8th November at 11am for approx. one hour. | Wellbeing Planning | <p>Microsoft Teams meeting</p> <p>Join on your computer, mobile app or room device</p> <p>Click here to join the meeting</p> <p>Meeting ID: 321 754 166 245</p> <p>Passcode: viqFRr</p> <p>Download Teams Join on the web</p> <p>Learn More Meeting options</p> |

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| <p>Wednesday 15th November at 11am for approx. one hour.</p> | <p>Managing Anxiety</p> | <p>Microsoft Teams meeting Join on your computer, mobile app or room device Click here to join the meeting Meeting ID: 336 980 538 520 Passcode: GQX4fA Download Teams Join on the web Learn More Meeting options</p> |
| <p>Wednesday 22nd November 11am for approx. one hour</p> | <p>Sleep Support</p> | <p>Microsoft Teams meeting Join on your computer, mobile app or room device Click here to join the meeting Meeting ID: 390 578 843 044 Passcode: QQApY6 Download Teams Join on the web Learn More Meeting options</p> <hr/> <hr/> |

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| <p>Wednesday 6th December at 11am for approx. one hour</p> | <p>Wellbeing Planning</p> | <p>Microsoft Teams meeting Join on your computer, mobile app or room device Click here to join the meeting Meeting ID: 327 675 940 86 Passcode: PDswpg Download Teams Join on the web Learn More Meeting options</p> |
| <p>Wednesday at on 13th December at 11am for approx. one hour.</p> | <p>Managing Anxiety</p> | <p>Microsoft Teams meeting Join on your computer, mobile app or room device Click here to join the meeting Meeting ID: 364 878 148 222 Passcode: 4qQjB3</p> |

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| | | Download Teams Join on the web Learn More Meeting options |
| <p>Wednesday 20th December 11am for approx. one hour.</p> | <p>Sleep Support</p> | <p>Microsoft Teams meeting Join on your computer, mobile app or room device Click here to join the meeting Meeting ID: 384 668 141 353 Passcode: omE3qY Download Teams Join on the web Learn More Meeting options</p> |