

Happy New Year!!!

As we welcome 2024

Shropshire Beam are pleased to provide Virtual workshops for Parents & Professionals from **JANUARY 2024 – FEBRUARY 2024**. 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.
- **Grief & Loss support**- This workshop aims to support parents and professionals to better understand some emotions that young people may struggle with having gone through a loss. We will equip you with a knowledge and understanding of the feelings and emotions that they may be battling with, and support that could help them feel better.



Date & Time:	Title :	M S Teams Link
Wednesday 3/1/24 @12pm	Managing Anxiety	<hr/> Microsoft Teams meeting Join on your computer, mobile app or room device Click here to join the meeting Meeting ID: 315 126 036 412 Passcode: RARvzJ

		Download Teams Join on the web Learn More Meeting options <hr/> <hr/>
Wednes day 10/1/24 @12pm	Sleep Support	<hr/> <hr/> <h3>Microsoft Teams meeting</h3> <p>Join on your computer, mobile app or room device</p> <p>Click here to join the meeting</p> <p>Meeting ID: 344 239 103 595</p> <p>Passcode: VJRsvz</p> <p>Download Teams Join on the web</p> <p>Learn More Meeting options</p> <hr/> <hr/>
Wednes day 24/1/24 @12pm	Wellbeing Planning	<hr/> <hr/> <h3>Microsoft Teams meeting</h3> <p>Join on your computer, mobile app or room device</p> <p>Click here to join the meeting</p> <p>Meeting ID: 395 615 207 962</p> <p>Passcode: tJaAQH</p> <p>Download Teams Join on the web</p> <p>Learn More Meeting options</p> <hr/> <hr/>
Wednes day 31/1/24 @12pm	Grief & Loss, The workshop for Parents/ Professio nals.	<hr/> <hr/> <h3>Microsoft Teams meeting</h3> <p>Join on your computer, mobile app or room device</p> <p>Click here to join the meeting</p> <p>Meeting ID: 377 607 448 578</p> <p>Passcode: 9jbjew</p> <p>Download Teams Join on the web</p> <p>Learn More Meeting options</p> <hr/> <hr/>
Wednes day 7/2/24 @12pm	Managing Anxiety	<hr/> <hr/> <h3>Microsoft Teams meeting</h3> <p>Join on your computer, mobile app or room device</p> <p>Click here to join the meeting</p>

		<p>Meeting ID: 345 705 527 892</p> <p>Passcode: Luf6ey</p> <p>Download Teams Join on the web</p> <p>Learn More Meeting options</p> <hr/> <hr/>
<p>Wednes day 14/2/24 @ 12pm</p>	<p>Sleep Support</p>	<hr/> <hr/> <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: 383 113 797 067</p> <p>Passcode: qy6LUc</p> <p>Download Teams Join on the web</p> <p>Learn More Meeting options</p> <hr/> <hr/>
		<hr/> <hr/>
<p>Wednes day 28/2/24 @ 12pm</p>	<p>Wellbeing Planning</p>	<hr/> <hr/> <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: 346 494 806 897</p> <p>Passcode: usCKJZ</p> <p>Download Teams Join on the web</p> <p>Learn More Meeting options</p> <hr/> <hr/>

Kindest Regards Always!

Aneeta Banga.

Emotional Wellbeing Practitioner/ Lead Youth Participation & Outreach worker.
The Children's Society