

CAMHS ONLINE WELL BEING WORKSHOPS

13th – 15th February 2024

CAMHS will be running a range of workshops on MS Teams in February Half Term 2024 for all children, young people 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 EMOTIONS

A 1.5 hour workshop exploring feelings and emotions and learning new ways to regulate our emotions.

Please note that this workshop may also benefit year 6 pupils who are moving up to secondary school.

WHEN?

Tuesday 13th February
2:00-3:30pm

5 WAYS TO WELLBEING

1.5 hour workshop sharing tips and ideas on easy ways that students can actively improve their own well-being

WHEN?

Thursday 15th February
11:00am-12:30pm

UNDERSTANDING ANXIETY

1.5 hour workshop exploring what anxiety is and sharing strategies to manage feelings of anxiety in a positive way

WHEN?

Wednesday 14th February
11:00am – 12:30pm

LOOKING AFTER YOUR SELF DURING EXAM SEASON

1.5 hour workshop supporting students to understand what stress is, how it can present itself in the body and providing strategies to combat the impact of exam stress

WHEN?

Tuesday 13th February
11:00am – 12:30pm

Wednesday 14th February
2:00pm – 3:30pm

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/rPTYGUcRN5>

