



VIRTUAL WELLBEING DROP-INS

Do you want to learn more about feeling happy and calm at home?

Activities and information will be aimed at all children. Younger children may need support from an adult.

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| Wednesday 20 th January 2021 | Understanding anxiety | Please book through Eventbrite: https://www.eventbrite.co.uk/e/promoting-positive-wellbeing-understanding-anxiety-tickets-135673054759 |
| Wednesday 27 th January 2021 | Supporting children with angry feelings | Please book through Eventbrite: https://www.eventbrite.co.uk/e/promoting-positive-wellbeing-supporting-children-with-angry-feelings-tickets-135678832039 |
| Wednesday 3 rd February 2021 | Feeling positive | Please book through Eventbrite: https://www.eventbrite.co.uk/e/promoting-positive-wellbeing-feeling-calm-and-positive-tickets-135682342539 |
| Wednesday 10 th February 2021 | Managing worries in times of transition | Please book through Eventbrite: https://www.eventbrite.co.uk/e/promoting-positive-wellbeing-managing-worries-in-times-of-transition-tickets-135680284383 |

For more information please contact the Early Help team via Eventbrite

Promoting Positive Emotional Wellbeing Drop-in

Find ways to support the children and young people in your life

Free to attend
Via Microsoft Teams

Young People

10:30-11:00

Parents

11:00-11:30

Gain information, support and guidance
Resources will be sent out after each session