

## 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.

Monday 29 <sup>th</sup> June 2020	Managing angry feelings	Please book through Eventbrite: <a href="https://www.eventbrite.co.uk/e/promoting-positive-wellbeing-supporting-children-with-angry-feelings-tickets-110137241454">https://www.eventbrite.co.uk/e/promoting-positive-wellbeing-supporting-children-with-angry-feelings-tickets-110137241454</a>
Monday 6 <sup>th</sup> July 2020	Managing anxiety through uncertainty	Please book through Eventbrite: <a href="https://www.eventbrite.co.uk/e/promoting-positive-wellbeing-managing-anxiety-through-uncertainty-tickets-110134003770">https://www.eventbrite.co.uk/e/promoting-positive-wellbeing-managing-anxiety-through-uncertainty-tickets-110134003770</a>
Monday 13 <sup>th</sup> July 2020	Managing overwhelming feelings	Please book through Eventbrite: <a href="https://www.eventbrite.co.uk/e/promoting-positive-wellbeing-managing-overwhelming-feelings-tickets-110136388904">https://www.eventbrite.co.uk/e/promoting-positive-wellbeing-managing-overwhelming-feelings-tickets-110136388904</a>

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

17:00-17:30

Parents

17:30-18:00

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

Central Bedfordshire

