



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.

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