

Shropshire Beam are pleased to provide Virtual workshops for Parents & Professionals starting on Wednesday 7th September 2022 for six weeks. Duration of the workshop is approximately an hour.

Details below in chart, all you need to do is click on Link at the appropriate time of chosen Workshop. All workshop 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 three Workshops which will be rolled out to the end of October 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 a sleep. This workshop will be rolled out twice over the four weeks, due to popular demand.

Date & Time	Title	M S Teams Link
Wednesday 7 th September 4pm	Managing Anxiety	Microsoft Teams meeting Join on your computer or mobile app Click here to join the meeting Meeting ID: 355 721 682 360 Passcode: LrfV5i Download Teams Join on the web Learn More Meeting options

Wednesday 14 th September 4pm	Sleep Support	Microsoft Teams meeting Join on your computer or mobile app Click here to join the meeting Meeting ID: 386 358 644 436 Passcode: UjUg9g Download Teams Join on the web Learn More Meeting options
Wednesday 21 st September 4pm	Wellbeing Planning	Microsoft Teams meeting Join on your computer or mobile app Click here to join the meeting Meeting ID: 346 327 598 46 Passcode: aUYxQa Download Teams Join on the web Learn More Meeting options
Wednesday 28 th September 4pm	Managing Anxiety	Microsoft Teams meeting Join on your computer or mobile app Click here to join the meeting Meeting ID: 317 225 199 895 Passcode: ZWEvf4 Download Teams Join on the web Learn More Meeting options

Wednesday 5 th October 4pm	Sleep Support	Microsoft Teams meeting Join on your computer or mobile app Click here to join the meeting Meeting ID: 332 728 685 179 Passcode: pXfKY7 Download Teams Join on the web Learn More Meeting options
Wednesday 12 th October 4pm	Wellbeing Planning	Microsoft Teams meeting Join on your computer or mobile app Click here to join the meeting Meeting ID: 357 202 073 990 Passcode: 7HMWuL Download Teams Join on the web Learn More Meeting options
Wednesday 19 th October 4pm	Managing Anxiety	Microsoft Teams meeting Join on your computer or mobile app Click here to join the meeting Meeting ID: 390 810 487 616 Passcode: MELAST Download Teams Join on the web Learn More Meeting options

Wednesday 26th October
4pm

Sleep Support

Microsoft Teams
meeting

**Join on your computer or
mobile app**

[Click here to join the
meeting](#)

Meeting ID: 359 625 398
630

Passcode: 97p8Yc

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web](#)

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