

CAMHS ONLINE WELL BEING WORKSHOPS

20th - 24th FEBRUARY 2023

CAMHS will be running a range of workshops on MS Teams in February Half Term 2023 for all children, young people and their families across Gwent. Please use the booking form/QR code below.

EXAM STRESS

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?

- Monday 20th - 10:30am
- Wednesday 22nd - 3pm
- Friday 24th - 1 pm

5 WAYS TO WELLBEING

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

WHEN?

- Monday 20th - 1pm
- Wednesday 22nd - 10:30am

UNDERSTANDING ANXIETY

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

WHEN?

- Monday 20th - 3pm
- Friday 24th - 10:30am

BOOKING INFORMATION

To register for one of the listed sessions, follow the Microsoft Forms link or scan the QR code below:



<https://forms.office.com/Pages/ResponsePage.aspx?id=uChWuyjjgkCoVkM8ntyPrspu20ezk75OuR4RBwcS3uIUN0IKQVBHVkZOR0FGSThaMU44SDk5QkhORC4u>