



THERAPEUTIC WORKSHOPS

Newham CAMHS offers online therapeutic workshops for young people and parents/carers who live in Newham and would like advice and support to improve their mental health and wellbeing.

Topics include managing worries, anxiety, mood, anger, relationships, bullying, sleep, mindfulness and self-care.

FOR MORE INFO, DATES & TO SIGN UP:

visit <https://tinyurl.com/yxzmha8q>

or google "newham CAMHS
workshops"



SCAN ME

WORKSHOP TOPICS

Mindfulness and self-care

A workshop for children, young people and their parents/carers on self-care and an introduction to mindfulness.

Parenting and self-care

A workshop for parents/carers on managing the anxieties and stresses commonly experienced in parenting.

Managing worry

A workshop for primary school children and their parents/carers on worry and how to manage our worries.

Coping with anxiety

A workshop for secondary school young people and their parents/carers on anxiety and how to cope with experiences of anxiety.

Managing my mood

A workshop for young people and their parents/carers that explores mood and specifically how to manage low mood.

Managing anger

A workshop for children, young people and their parents/carers that explores what anger is and how to manage anger in ourselves and others.

Relationship tips

A workshop for young people and their parents/carers on different types of relationships and how to handle relationship difficulties.

Bullying

A workshop for children, young people and their parents/carers focused on understanding bullying and how to support those affected by it.

Sleep

A workshop for children, young people, and their parents/carers on understanding sleep and finding ways to get a good nights sleep.

Coping with exam stress

A workshop for children, young people and their families on practical strategies for coping with exam stress.

We run workshops on additional topics through out the year so check online to see the full list.