

Hi All

Sandwell Beam is pleased to provide a timetable of virtual workshops for **parents** starting in **April** which includes a workshop on understanding & responding to self-harm. .

The details needed are below in a chart, all you need to do is click on the appropriate link at the appropriate time of chosen Workshop. All workshops 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 four Workshops which will be rolled out in April 2022 at various times to enable more people to attend, please see the following details of content:-

- **Supporting Children & Young People with Anxiety** – aims & objectives are to share psychoeducation 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 tools for Children & Young people to support their general Emotional Health & Wellbeing, it recognises triggers and promotes self-awareness, his can also be used as a relapse tool to support resilience.
- **Sleep Support** - aim to share psychoeducation within the topic followed by practical suggestions & advise of methods & techniques to help support the children & young people having difficulties with getting to sleep and staying asleep.
- **Understanding & responding to Self-Harm** – aims & objectives are to pass over psychoeducation within the topic followed by practical suggestions of methods & techniques to help support the youth experience issues with self-harm.

We look forward to seeing you there

Regards

Sandwell Beam

Tuesday 19/4/22 @ 11am-12pm	Anxiety Workshop for Parents / Carers	Microsoft Teams meeting Join on your computer or mobile app Click here to join the meeting Or call in (audio only) +44 161 240 4391,,497094594# United Kingdom, Manchester Phone Conference ID: 497 094 594# Find a local number Reset PIN Learn More Meeting options
Thursday 21/4/22 5pm-6pm	Workshop on Self-Harm for parents / carers	Microsoft Teams meeting Join on your computer or mobile app Click here to join the meeting Or call in (audio only) +44 161 240 4391,,211178388# United Kingdom, Manchester Phone Conference ID: 211 178 388# Find a local number Reset PIN Learn More Meeting options
Saturday 23/4/22 11-12pm	Anxiety – Workshop for Parents / Carers	Microsoft Teams meeting Join on your computer or mobile app Click here to join the meeting Or call in (audio only) +44 161 240 4391,,949775672# United Kingdom, Manchester Phone Conference ID: 949 775 672# Find a local number Reset PIN Learn More Meeting options