

Some virtual workshops you may wish to enquire about to support your child/s emotional well being

Workshop 1

Please see the link below for this week's virtual well-being drop-in with a focus around separation anxiety.

<https://www.eventbrite.co.uk/e/copy-of-promoting-positive-wellbeing-separation-anxiety-tickets-107213390136>

This is a virtual workshop to promote positive emotional wellbeing in children who are struggling to separate from their parents or carers.

The current situation with covid-19 may have had an impact on children and they are now feeling reluctant to leave parents or carers.

This may be something new or ongoing since before the pandemic.

The session will have a focus on stories and some fun strategies primarily this session is **aimed at under 7's** however there will be some useful information in this for parents and children of all ages going through this issue.

Workshop 2.

Please see the link below for this week's virtual wellbeing drop-in with a focus around feeling overwhelmed in times of change.

This will cover a range of emotions including anxiety, anger and fear.

<https://www.eventbrite.co.uk/e/promoting-positive-wellbeing-managing-overwhelming-feelings-tickets-107812821050>