



## VIRTUAL WELLBEING DROP-INS

Do you want to learn more about feeling happy and calm at home?

Activities and information will be aimed at all children. Younger children may need support from an adult.

12 <sup>th</sup> June 2020	Managing overwhelming feelings in times of change.	Please book through Eventbrite: <a href="https://www.eventbrite.co.uk/e/promoting-positive-wellbeing-managing-overwhelming-feelings-tickets-107812821050">https://www.eventbrite.co.uk/e/promoting-positive-wellbeing-managing-overwhelming-feelings-tickets-107812821050</a>
18 <sup>th</sup> June 2020	The internet and wellbeing (Time change 13:00-14:00)	Please book through Eventbrite: <a href="https://www.eventbrite.co.uk/e/promoting-positive-wellbeing-the-internet-and-wellbeing-tickets-108098222694">https://www.eventbrite.co.uk/e/promoting-positive-wellbeing-the-internet-and-wellbeing-tickets-108098222694</a>
26 <sup>th</sup> June 2020	Mindfulness and relaxation	Please book through Eventbrite: <a href="https://www.eventbrite.co.uk/e/promoting-positive-wellbeing-mindfulness-and-visualisations-tickets-108106573672">https://www.eventbrite.co.uk/e/promoting-positive-wellbeing-mindfulness-and-visualisations-tickets-108106573672</a>

For more information please contact the Early Help team via Eventbrite



## Promoting Positive Emotional Wellbeing Drop-in

Find ways to support the children and young people in your life

Free to attend  
Via Microsoft Teams

Young People

11:00-11:30

Parents

11:30-12:00

Gain information, support and guidance  
Resources will be sent out after each session