

CAMHS ONLINE WELL BEING WORKSHOPS

26th March – 4th April 2024

CAMHS will be running a range of workshops on MS Teams in February Half Term 2024 for young people in year 6 & above, and their families across Gwent. Please use the booking form/QR code below and make sure to book on at least 24 hours before the session.

Parents are welcome to attend with their young person, but we will not be able to answer any individual CAMHS queries during the workshop time.

UNDERSTANDING EMOTIONS

This workshop explores feelings and emotions while offering new ways to regulate our emotions.

WHEN?

Wednesday 27th March 11:00am – 1:00pm

Tuesday 2nd April 11:00pm – 100pm

5 WAYS TO WELLBEING

This workshop shares tips and ideas on easy ways that you can actively improve your own well-being

WHEN?

Tuesday 26th March 2:00pm – 4:00pm

Wednesday 3rd April 11:00am – 1:00pm

BOOKING INFORMATION

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

<https://forms.office.com/e/u2kFvvZ3FB>

