

BEAM Shropshire Workshops

Please see below for training sessions being offered over July and August.

All sessions take place on MS Teams, and are open to parents, carers and professionals who are interested in attending. There's no need to book – just click into the link at the session time.

| Workshop | What's Covered | Date & Time | How to Join |
|---|--|---|--|
| Mental Health & Emotional well-being in children & young people | We will cover: <ul style="list-style-type: none"> • Effective communication • Empathy V Sympathy • Overview of common emotional well-being topics such as anxiety, depression, self-harm, suicidal ideation and anger | Wednesday 7th July 2021 12pm – 1.30pm | Join on your computer or mobile app Click here to join the meeting Learn More Meeting options |
| Sleepy Heads 2-session workshop around sleep & common issues It is advisable to attend both sessions | Session 1: <ul style="list-style-type: none"> • Sleep stages • Sleep hygiene • Bedtime routines | Wednesday 21st July 2021 12pm-1.30pm | Join on your computer or mobile app Click here to join the meeting Learn More Meeting options |
| | Session 2: Tackling common issues around sleep including: <ul style="list-style-type: none"> • Prolonged night-time awakenings • Bedtime refusal & resistance • Teen sleep | Wednesday 4th August 2021 12pm-1.30pm | Join on your computer or mobile app Click here to join the meeting Learn More Meeting options |
| Managing anxious behaviours in young people | We will cover: <ul style="list-style-type: none"> • What anxiety is • Science of anxiety • How to support | Wednesday 18th August 2021 12pm – 1.30pm | Join on your computer or mobile app Click here to join the meeting Learn More Meeting options |

About BEAM

Beam continues to provide emotional well-being support to young people in Shropshire Telford & Wrekin.

Support should be requested via [our website](#): users should scroll down to 'register with us' and complete the form that follows. Please note – the 'register with us' link should also be used to request follow-up sessions. Requests for service will be processed by our admin team and then appointments sent out by email.

We provide support by phone, virtual sessions via MS Teams and limited face to face sessions from our Wellington venue. We are strictly appointment-only and cannot accept any walk-ins. Once a request for service is received via the website, we will arrange a phone appointment for our initial contact, in which our practitioners will discuss the format of future sessions.

We are in the process of updating our service promo items – we will send these out in due course.

Should you have any queries please do get in touch via shropshirebeam@childrenssociety.org.uk.