

**Shropshire BEAM Virtual Workshops**

Shropshire Beam are pleased to provide Virtual workshops for Parents & Professionals starting on Wednesday 7th September  2022 for six weeks. The duration of the workshop is approximately an hour.

Details of the workshops are shown below in the chart. If you wish to attend, simply click on Link at the appropriate time of chosen Workshop. All the workshops will be done via an MS Teams Video call (we are unable to record sessions). The Workshops are derived to be informative and engaging sessions and it would be great if parents attending would be willing to participate during the sessions.

There are three Workshops which will be rolled out to the end of October to enable more people to attend, please see the following details of content:-

* **Managing Anxiety** – aims & Objectives are to pass over psycho - education 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 tool 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**- aims to pass over psycho - education 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 a sleep. This workshop will be rolled out twice over the four weeks, due to popular demand.

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| --- | --- | --- |
| Date & Time | Title | M S Teams Link |
| Wednesday 7th September 4pm | **Managing Anxiety** | Microsoft Teams meeting  **Join on your computer or mobile app**  [Click here to join the meeting](https://eur03.safelinks.protection.outlook.com/ap/t-59584e83/?url=https%3A%2F%2Fteams.microsoft.com%2Fl%2Fmeetup-join%2F19%253ameeting_Y2ZmZjQ5NDAtYzUzNC00ODFmLWE1ZTgtZWYxNmZkZTI0OWZm%2540thread.v2%2F0%3Fcontext%3D%257b%2522Tid%2522%253a%2522340ae048-d81c-4eab-88a4-b7491fa8a408%2522%252c%2522Oid%2522%253a%25226f58d3b0-03d2-44eb-93a7-300d1a8f9e99%2522%257d&data=05%7C01%7CJoanna.Dovaston%40childrenssociety.org.uk%7C1c1f6441c0094df665ef08da84d7385b%7C340ae048d81c4eab88a4b7491fa8a408%7C0%7C0%7C637968357144862049%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=eUqSZLQqHQlAC2Ncxl3ZxkwjfZGcOhpamaaKuSUI18E%3D&reserved=0)  Meeting ID: 355 721 682 360 Passcode: LrfV5i  [Download Teams](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.microsoft.com%2Fen-us%2Fmicrosoft-teams%2Fdownload-app&data=05%7C01%7CJoanna.Dovaston%40childrenssociety.org.uk%7C1c1f6441c0094df665ef08da84d7385b%7C340ae048d81c4eab88a4b7491fa8a408%7C0%7C0%7C637968357144862049%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=uWPS82PD99vzRM14YJMdUIEGSLWDLTakJNt%2FedCm%2BII%3D&reserved=0) | [Join on the web](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.microsoft.com%2Fmicrosoft-teams%2Fjoin-a-meeting&data=05%7C01%7CJoanna.Dovaston%40childrenssociety.org.uk%7C1c1f6441c0094df665ef08da84d7385b%7C340ae048d81c4eab88a4b7491fa8a408%7C0%7C0%7C637968357144862049%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=a4nYjALwWK4TLTMEjAFHFuiq9dLFRyzgd9o14qWVwos%3D&reserved=0)  [Learn More](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Faka.ms%2FJoinTeamsMeeting&data=05%7C01%7CJoanna.Dovaston%40childrenssociety.org.uk%7C1c1f6441c0094df665ef08da84d7385b%7C340ae048d81c4eab88a4b7491fa8a408%7C0%7C0%7C637968357144862049%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=W8fuMVUdxIyC90hAimJPa%2B%2FKDJdXvKhdU09PaOGuOYs%3D&reserved=0) | [Meeting options](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fteams.microsoft.com%2FmeetingOptions%2F%3ForganizerId%3D6f58d3b0-03d2-44eb-93a7-300d1a8f9e99%26tenantId%3D340ae048-d81c-4eab-88a4-b7491fa8a408%26threadId%3D19_meeting_Y2ZmZjQ5NDAtYzUzNC00ODFmLWE1ZTgtZWYxNmZkZTI0OWZm%40thread.v2%26messageId%3D0%26language%3Den-US&data=05%7C01%7CJoanna.Dovaston%40childrenssociety.org.uk%7C1c1f6441c0094df665ef08da84d7385b%7C340ae048d81c4eab88a4b7491fa8a408%7C0%7C0%7C637968357144862049%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=vuUnMUZxrpQP361jsgG7Cq60M4rtSL6Ezdr5GVtM8DE%3D&reserved=0) |
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| Wednesday 26th October 4pm | **Sleep Support** | Microsoft Teams meeting  **Join on your computer or mobile app**  [Click here to join the meeting](https://eur03.safelinks.protection.outlook.com/ap/t-59584e83/?url=https%3A%2F%2Fteams.microsoft.com%2Fl%2Fmeetup-join%2F19%253ameeting_MGZjNzlhZWItNmJhZS00MDM2LThiMjctY2U5NGIyOGVlMDJh%2540thread.v2%2F0%3Fcontext%3D%257b%2522Tid%2522%253a%2522340ae048-d81c-4eab-88a4-b7491fa8a408%2522%252c%2522Oid%2522%253a%25226f58d3b0-03d2-44eb-93a7-300d1a8f9e99%2522%257d&data=05%7C01%7CJoanna.Dovaston%40childrenssociety.org.uk%7C1c1f6441c0094df665ef08da84d7385b%7C340ae048d81c4eab88a4b7491fa8a408%7C0%7C0%7C637968357145954904%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=FKqio9NVDE8G7WRJQpz0j3FrC34TAEZLJiP3aFDaLpw%3D&reserved=0)  Meeting ID: 359 625 398 630 Passcode: 97p8Yc  [Download Teams](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.microsoft.com%2Fen-us%2Fmicrosoft-teams%2Fdownload-app&data=05%7C01%7CJoanna.Dovaston%40childrenssociety.org.uk%7C1c1f6441c0094df665ef08da84d7385b%7C340ae048d81c4eab88a4b7491fa8a408%7C0%7C0%7C637968357145954904%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=gQe8Hl6rW51scSsXAQ%2F4vYqIZ0OFUMyFqlhoOEzOaC4%3D&reserved=0) | [Join on the web](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.microsoft.com%2Fmicrosoft-teams%2Fjoin-a-meeting&data=05%7C01%7CJoanna.Dovaston%40childrenssociety.org.uk%7C1c1f6441c0094df665ef08da84d7385b%7C340ae048d81c4eab88a4b7491fa8a408%7C0%7C0%7C637968357145954904%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=uF2%2FsYSo5ghNhSbAXpjPRcWV6xn52Auob%2B96KTdDbzQ%3D&reserved=0)  [Learn More](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Faka.ms%2FJoinTeamsMeeting&data=05%7C01%7CJoanna.Dovaston%40childrenssociety.org.uk%7C1c1f6441c0094df665ef08da84d7385b%7C340ae048d81c4eab88a4b7491fa8a408%7C0%7C0%7C637968357145954904%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=wWcggCecJ%2BUmZlQHFA4iXyUSrW5%2FHH1RBrD2ips48d0%3D&reserved=0) | [Meeting options](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fteams.microsoft.com%2FmeetingOptions%2F%3ForganizerId%3D6f58d3b0-03d2-44eb-93a7-300d1a8f9e99%26tenantId%3D340ae048-d81c-4eab-88a4-b7491fa8a408%26threadId%3D19_meeting_MGZjNzlhZWItNmJhZS00MDM2LThiMjctY2U5NGIyOGVlMDJh%40thread.v2%26messageId%3D0%26language%3Den-US&data=05%7C01%7CJoanna.Dovaston%40childrenssociety.org.uk%7C1c1f6441c0094df665ef08da84d7385b%7C340ae048d81c4eab88a4b7491fa8a408%7C0%7C0%7C637968357145954904%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=prpwbt5RlebMXdvdpiAulixN%2FzjeSQWbnCo96aPwhew%3D&reserved=0) |