



THERAPEUTIC WORKSHOPS

Newham CAMHS offers online therapeutic workshops for young people and parents/carers who live in Newham and would like advice and support to improve their mental health and wellbeing.

FOR MORE INFO, DATES & TO SIGN UP:

visit <https://tinyurl.com/yxzmha8q>

or google "newham CAMHS
workshops"



SCAN ME

WORKSHOP TOPICS

- Mindfulness and self-care
- Managing worry and anxiety
 - Managing mood
 - Managing anger
 - Bullying
 - Coping with exam stress
 - Sleep
- Managing arguments and conflict with teens
 - Managing behaviour that challenges
 - Sibling Space (8-11 yrs and 12-18 yrs)
 - Post diagnostic ASD workshop

We run workshops on additional topics throughout the year so check online to see the full list.