

Children and Young People's Wellbeing Spring Workshops 2021



Barnet Integrated Clinical Services (BICS; child, young people and families' mild to moderate mental health service across Barnet) is organising a series of **free** workshops for young people and parents in Barnet.

To register your interest for a group or workshop, please email BICSGroups@barnet.gov.uk, including a contact telephone number so that we get in touch with you to discuss & provide further details. For more information about BICS please visit: www.barnet.gov.uk/children-and-families/supportparents-and-carers/young-peoples-mental-health-and-well-being

Resilience Building Workshop: Stronger Mind, Stronger You

Age range: 12-18

Details: Do you want to strengthen your resilience?

Come along and discover techniques to manage a range of challenges, the fundamentals of self-care and how to connect with your support team! We will also discuss how using social media can have a beneficial or less helpful impact on your resilience-building.

Podcasts – Staying Well in Barnet:

In addition to all our live and pre-recorded groups and workshops, we are continuing to release podcasts on a variety of topics, such as what does mental health mean to you, waiting for exam results, managing relationship challenges and more.

Check them out and look out for new podcasts talking about managing loss, dealing with difficult emotions such as anger or worry and the difference between shame and guilt. **If you have a topic you would like us to discuss, do get in touch!**

Feeling Better about going back to school online video

Age range: 11-18

Details: A pre-recorded workshop for secondary school students on managing anxiety.

Why do we feel anxious and why might lockdown have affected our wellbeing? Learn some useful strategies and tips to cope with anxious feelings after lockdown, self-isolation, school holidays or in general.

The transition from primary to secondary school online video

Age range: 10-12

Details: Moving from primary to secondary school can sometimes feel very scary. You may also not have the chance to celebrate or say good bye to your friends and teachers how you would like to during COVID.

This video talks about managing change and will help you to learn some really useful strategies for coping with worries, uncertainty and the move to your new school.

Managing Exam Stress online video

Age range: teenagers

Details: Learn how to support yourself emotionally whilst preparing for, and sitting, your exams.

Step Up and Stand Out

Age range: 14-16

Details: Are you struggling to attend school, feeling unmotivated or finding it harder to get on with people? Join this three session group to help develop your sense of self, to find purpose and feel more able to adapt for the future, particularly after the uncertainty of lockdown.

Explore the concepts of resilience, autonomy and respect. Plus, how our physical self, thoughts and feelings can impact on how we communicate our needs to others and how they see us in return.

Lifeworx group

Age range: 14-17

Details: Join this 8-week workshop to learn real life inspired skills to make life work for you. Develop skills to feel better able to manage everyday situations and relationships. Topics will include:

- Getting to know and respond to one's emotions
- Improving social interactions & communication responding and
- looking after self with care & compassion at stressful times
- Mindfulness

**MIND and MOOD group

Age range: A group for young people aged 11-14 with a separate group for their parents

Details: Do you ever wonder why you feel worried or anxious? Join us for 8 sessions to learn strategies to manage anxiety and feel more able to cope with stressful situation.

Two parents/carers sessions will also cover anxiety, how it impacts on your child and how you can support both them and yourself to manage anxious situations.

** Building Confidence

Building confidence and connections between children and families.

Age range: Joint workshop with parents & children aged between 6-11 years.

Details :

Session 1: Provides parents with various tips and strategies to help them to identify their strengths and build resilience.

Session 2: Explores children's experiences and provides them tools to manage their feelings and behaviours.

Session 3: Brings parent and child together to encourage effective communication and understanding to strengthen their relationship.

****Workshops for children and young people and parents/carers**



To view all our pre-recorded workshops and podcasts please visit:

<https://www.barnet.gov.uk/backtoschool>
and/or <https://www.youtube.com/watch?v=vDzhM5Xj66c>