

# THEWS YOUNG PEOPLE WORKSHOPS AND GROUPS

Your school can access 6 sessions from the Tower Hamlets Education Wellbeing Service (THEWS) offer of face to face groups and workshops. These can be made up of any of the groups and workshops for young people below or from our staff or parents workshops

## Single session workshops for pupils



SLEEP AND WELLBEING



SELF-ESTEEM AND SELF  
COMPASSION



BODY IMAGE



ANXIETY



LOW MOOD



EXAM STRESS



SELF CARE



SOCIAL MEDIA AND WELLBEING

## Groups for pupils



MOOD MATTERS  
YEARS 9 - 12  
6-12 YOUNG PEOPLE

FOR YOUNG PEOPLE WHO ARE EXPERIENCING LOW MOOD, PARTICULARLY WHEN THIS IS AFFECTING THEIR RELATIONSHIPS WITH OTHERS, AND WHO WOULD BENEFIT FROM A GROUP FORMAT.



MANAGING ANXIETY  
ALL YEAR GROUPS  
6-12 YOUNG PEOPLE

SMALL GROUP FOR YOUNG PEOPLE WHO ARE EXPERIENCING DIFFICULTIES WITH ANXIETY AND WHO WOULD BENEFIT FROM A GROUP FORMAT

## Coming in Jan 2024



MANAGING INTENSE EMOTIONS  
YEARS 9 - 12

FOR 6-12 YOUNG PEOPLE YOUNG PEOPLE EXPERIENCING DIFFICULTIES MANAGING EMOTIONS WHO WOULD BENEFIT FROM A GROUP FORMAT



CONNECTING BETTER WITH OTHERS  
YEARS 9 - 12

SMALL GROUP FOR YOUNG PEOPLE EXPERIENCING PERSISTENT DIFFICULTIES CREATING AND MAINTAINING HEALTHY RELATIONSHIPS, WHO WOULD BENEFIT FROM A GROUP FORMAT.

# THEWS STAFF AND PARENT WORKSHOPS

Your school can access 6 sessions from the Tower Hamlets Education Wellbeing Service (THEWS) offer of face to face groups and workshops. These can be made up of any of the workshops for staff and parents below or from our young people workshops and groups.

## Single session workshops for staff



RECOGNISING AND SUPPORTING  
YOUNG PEOPLE WHO SELF-HARM



RECOGNISING AND SUPPORTING YOUNG  
PEOPLE WITH EATING AND BODY IMAGE  
DIFFICULTIES



UNDERSTANDING AND SUPPORTING  
YP WITH NEURODEVELOPMENTAL  
CONDITIONS AND LEARNING  
DIFFICULTIES



IDENTIFYING AND SUPPORTING  
MENTAL HEALTH NEEDS &  
OPENING UP CONVERSATIONS.



STAFF WELLBEING



TRAUMA INFORMED PRACTICE

## Single session workshops for parents



SUPPORTING YOUR CHILD'S  
MENTAL HEALTH, WELLBEING &  
SLEEP



RECOGNISING AND SUPPORTING  
YOUNG PEOPLE WHO SELF-HARM



PARENT WELLBEING