

THEWS YOUNG PEOPLE WORKSHOPS 2023

The Tower Hamlets Education Wellbeing Service (THEWS) are offering a series of free, online workshops, covering a range of topics.

To take part, select the workshop(s) from the list below that interests you and complete registration on the Eventbrite website by clicking the link next to the workshop you would like to attend.

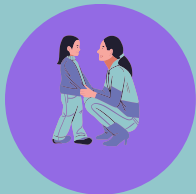
If you have any difficulties signing up, please contact us via the Eventbrite page.

We look forward to seeing you there!



SLEEP AND WELLBEING
Thursday 5th October 4pm

<https://www.eventbrite.com/e/sleep-and-wellbeing-tickets-710317106587?aff=oddtcreator>



BODY IMAGE
Friday 3rd November 4pm

<https://www.eventbrite.com/e/body-image-tickets-710310938137?aff=oddtcreator>



LOW MOOD
Thursday 1st February 4pm

<https://www.eventbrite.com/e/low-mood-tickets-710305471787?aff=oddtcreator>



EXAM STRESS
Thursday 7th March 4pm

<https://www.eventbrite.com/e/exam-stress-tickets-710301048557?aff=oddtcreator>



ANXIETY
Thursday 2nd May 4pm

<https://www.eventbrite.com/e/anxiety-tickets-710295120827?aff=oddtcreator>



SELF-ESTEEM AND SELF-COMPASSION
Thursday 6th June

<https://www.eventbrite.com/e/self-esteem-and-self-compassion-tickets-710256043947?aff=oddtcreator>