

Dear Parents/Carers,

Please find below information and support from BEAM which you may find useful.

The training sessions being offered are over July and August and will take place on MS Teams. They are open to parents, carers and professionals who are interested in attending.

There is no need to book – just click into the link at the session time.

We will cover:

Mental Health & Emotional well-being in children & young people.

- Effective communication.
- Empathy V Sympathy.
- Overview of common emotional well-being topics such as anxiety, depression, self-harm, suicidal ideation and anger.

Wednesday
7th July 2021
12pm – 1.30pm

Join on your computer or mobile app

[Click here to join the meeting](#)

[Learn](#)

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Sleepy Heads.

2 session workshop around sleep & common issues.

It is advisable to attend both sessions.

Session 1:

- Sleep stages.
- Sleep hygiene.
- Bedtime routines.

Wednesday 21st
July 2021
12pm-1.30pm

Join on your computer or mobile app

[Click here to join the meeting](#)

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Session 2:

- Tackling common issues around sleep including:
- Prolonged night-time awakenings.
- Bedtime refusal & resistance.
- Teen sleep.

Wednesday 4th August 2021
12pm-1.30pm

Join on your computer or mobile app

[Click here to join the meeting](#)

[Learn](#)

[More](#) | [Meeting options](#)

Managing anxious behaviours in young people.

We will cover:

- What anxiety is.
- Science of anxiety.
- How to support.

Wednesday 18th
August 2021
12pm – 1.30pm

**Join on your
computer or
mobile app**

[Click here to join
the meeting](#)
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options](#)

Beam continues to provide emotional well-being support to young people in Shropshire Telford & Wrekin.

Support should be requested via our website: users should scroll down to 'register with us' and complete the form that follows. **Please note** – the 'register with us' link should also be used to request follow-up sessions. Requests for service will be processed by our admin team and then appointments sent out by email.

We provide support by phone, virtual sessions via MS Teams and limited face to face sessions from our Wellington venue. We are strictly appointment-only and cannot accept any walk-ins. Once a request for service is received via the website, we will arrange a phone appointment for our initial contact, in which our practitioners will discuss the format of future sessions.

Should you have any queries please do get in touch via shropshirebeam@childrenssociety.org.uk.

Website: <https://www.childrenssociety.org.uk//beamshropshire>

Email: shropshirebeam@childrenssociety.org.uk

Find us on Instagram! @ShropshireBeam

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facebook.com/childrenssociety
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Kindest regards,

Mrs L Hector, SENDCo