

ARE YOU A WORRIER? DO YOU GET STUCK IN YOUR THOUGHTS?

FREE ONLINE TWO-PART WORKSHOP FOR TEENAGERS

Join an Educational Psychologist and the Children's Wellbeing Practitioners to learn how to:

- Manage your thoughts
- Use mindfulness
- Reduce the power which your thoughts have over you

Session 1: Tuesday 9th February 4-5pm

In this session we will share the strategies and give you the tools to put them into practice.

Session 2: Tuesday 23rd February 4-5pm

An opportunity for you to feedback your progress, ask questions and troubleshoot

All young people in secondary school years 7-13 welcome. Your parents are welcome to join you if you'd like them to.

To book, please email:

eps-sews@enfield.gov.uk

or telephone 0208 379 2000

