

Children and Young People's Wellbeing Summer and Autumn Workshops 2020



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.

Resilience Building Workshop: Stronger Mind, Stronger You

Age range: 12-18

Details: Developing emotional resilience, helping you with techniques to manage a range of difficulties.

Self-Image workshop

Age range: 12-18

Details: Helping adolescents' self-image via strengths-based self-affirmation and positive sense of self.

Self-care workshop

Age range: 12-18

Details: Supports you with self-care in the context of social media, drawing on mindfulness and other self-care ideas

My identity in the current world workshop

Age range: 12-18

Details: Supporting young people to develop a new sense of their self and personal values in the context of post lockdown. Looking at your self-image and how this may have been disrupted due to inability to socialise and doing the normal things you did before lockdown.

Managing Anxiety transitioning back to school online video

Age range: 11-13

Details: The video will explore the significant impact of the lockdown period on your wellbeing and the feelings of anxiety it has caused.

The workshop will cover strategies to manage anxiety, focusing on helping young people to find useful ways to cope in the upcoming months.

The transition from primary to secondary school online video

Age range: 11-12

Details: The aim is to reflect on how young people can approach the transition from Primary to Secondary school, particularly after their Covid-19 lockdown experience, and how this may have had an impact on them.

The video will explore managing change and useful strategies to overcome uncertainty and distressing feelings that these two events may bring about.

Step Up and Stand Out

Age range: Young People aged 14-16 struggling with school attendance, motivation and personal relationships.

Details: This group aims to help young people develop their sense of self, and find purpose following lockdown, and how to adapt for the future.

Exploring the concepts of resilience, autonomy and respect. Plus, how our physical self, thoughts feelings and communicate how we are perceived by and the impact on how you are seen by others.

Lifeworx group

Age range: 14-17

Details: 8-week workshop to learn real life inspired skills to make life work for you, help manage everyday life & relationships. Topics will include:

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

**MIND and MOOD group

Age range: A group for young people aged 11, 12 & 13 with a separate group for their parents

Details: Group to help young people understand their fears, worries and feelings. Offering insight into the reasons why we become anxious or low and the relationship between thoughts, emotions, physical symptoms and behaviour.

Covering strategies to manage anxiety and low mood, focusing on helping young people to find useful ways to cope. Parent/carer Session covers understanding anxiety & low mood, how it impacts your child and how to support you and your child.

** Bouncing Back

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.

To register your interest of a group or workshop, please email BICSGroups@barnet.gov.uk, Let us know why you're referring, someone will get in touch with you to discuss & with more details.

*Videos of the Anxiety Workshops will be available on the Barnet website at:

www.barnet.gov.uk/children-and-families/supportparents-and-carers/young-peoples-mental-health-and-well-being

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

