



THERAPEUTIC WORKSHOPS

Newham CAMHS offers therapeutic workshops for young people and parents/carers who live in Newham and would like advice and support to improve their mental health and wellbeing.

Topics include managing worries, anxiety, mood, anger, relationships, bullying, sleep, mindfulness and self-care.

FOR MORE DETAILS & TO SIGN UP:

<https://tinyurl.com/yxzmha8q>

