



Allkind

Allkind Mental Health Support Team Online Summer Workshops Offer



For more information and to pre-submit your questions prior to the workshop sessions, please contact:

mhsteam@allkind.org.uk



Allkind

Online Summer Workshops for Young People

Date	Workshop topic	Workshop overview	Workshop link
20 July 3pm-4pm (Monday) 22 July 3pm-4pm (Wednesday) 23 July 11am-12pm (Thursday)	Time management and procrastination	This workshop focuses on understanding procrastination, breaking unhelpful cycles, and managing time more effectively.	20 July : TEAMS Meeting ID : 382 299 451 679 7 Passcode: F5MB2Ww7 22 July: TEAMS Meeting ID : 317 117 686 494 460 Passcode: KD96yf7b 23 July: TEAMS Meeting ID: 321 724 788 228 316 Passcode: ez73Sq9Y
3 August 3pm-4pm (Monday) 5 August 3pm-4pm (Wednesday) 7 August 11am-12pm (Friday)	Friendship and peer pressure	This workshop focuses on what makes a positive and supportive friendship, how to spot the difference between peer influence and peer pressure as well as strategies to manage peer pressure.	3 August : TEAMS Meeting ID : 346 754 536 436 183 Passcode: eK3Zh3wa 5 August: TEAMS Meeting ID : 325 831 992 494 433 Passcode: Nq37QZ7u 7 August: TEAMS Meeting ID: 347 868 794 742 301 Passcode: MG6mf6Mw
10 August 3pm-4pm (Monday) 12 August 3pm-4pm (Wednesday) 14 August 11am-12pm (Friday)	Social media	This workshop focuses on understanding social media, its risks and benefits, and how to stay safe online.	10 August : TEAMS Meeting ID : 343 197 334 298 74 Passcode: GN9aB9XQ 12 August: TEAMS Meeting ID : 369 623 149 652 473 Passcode: Kt6yG7hj 14 August: TEAMS Meeting ID: 389 064 084 828 749 Passcode: iZ2hS7Sn
17 August 3pm-4pm (Monday) 19 August 3pm-4pm (Wednesday) 20 August 11am-12pm (Thursday)	Body image	This workshop focuses on understanding body image pressures, boosting self-esteem, and building a positive relationship with your body.	17 August : TEAMS Meeting ID : 318 030 345 732 202 Passcode: LL768iS2 19 August: TEAMS Meeting ID : 378 656 086 520 5 Passcode: wq2Bb7r9 20 August: TEAMS Meeting ID: 378 481 988 049 338 Passcode: rA9af7Bm
24 August 3pm-4pm (Monday) 25 August 3pm-4pm (Tuesday) 26 August 3pm-4pm (Wednesday)	Building resilience	This workshop focuses on understanding what psychological resilience is, why it is important, and strategies to build resilience, including self-care practices and problem-solving techniques.	24 August : TEAMS Meeting ID : 347 786 874 426 54 Passcode: 8xM3pv65 25 August: TEAMS Meeting ID : 341 212 201 531 685 Passcode: Yz2zd2HB 26 August: TEAMS Meeting ID: 399 685 334 218 842 Passcode: MR2dN2RV

Online Summer Workshops for Parents & Carers

Date	Workshop topic	Workshop overview	Workshop link
20 July 11am-12pm (Monday) 22 July 11am-12pm (Wednesday) 23 July 3pm-4pm (Thursday)	Understanding children's behaviour	This workshop focuses on understanding the factors that influence children's behaviour and how we can support positive changes in their behaviour.	20 July : TEAMS Meeting ID : 328 817 674 771 668 Passcode: Hd3gb6qX 22 July: TEAMS Meeting ID : 340 849 921 627 72 Passcode: ED3aS2fk 23 July: TEAMS Meeting ID: 380 719 273 071 441 Passcode: 9xd9ir3U
3 August 12:30pm-1:30pm (Monday) 5 August 11am-12pm (Wednesday) 7 August 3pm-4pm (Friday)	Self-care and relaxation techniques	This workshop focuses on self-care, mindfulness and relaxation strategies.	3 August : TEAMS Meeting ID : 369 398 373 013 86 Passcode: vU9QT6Fi 5 August: TEAMS Meeting ID : 393 524 084 344 913 Passcode: 5XP9N6eP 7 August: TEAMS Meeting ID: 373 079 710 172 99 Passcode: ri28Tc7i
10 August 11am-12pm (Monday) 12 August 11am-12pm (Wednesday) 14 August 3pm-4pm (Friday)	Managing tantrums and frustrations	This workshop focuses on understanding tantrums and how to manage anger and other difficult emotions.	10 August : TEAMS Meeting ID : 386 079 961 103 677 Passcode: #3pb6mz 12 August: TEAMS Meeting ID : 369 975 691 142 503 Passcode: pU3KL7MP 14 August: TEAMS Meeting ID: 391 066 253 599 871 Passcode: RZ3UA7py
17 August 11am-12pm (Monday) 19 August 11am-12pm (Wednesday) 20 August 3pm-4pm (Thursday)	Mental health awareness	This workshop focuses on understanding mental health, mental health difficulties and stigma.	17 August : TEAMS Meeting ID : 370 444 684 993 1 Passcode: Uk6MA3Rj 19 August: TEAMS Meeting ID : 328 700 166 839 449 Passcode: Cs9DE9ki 20 August: TEAMS Meeting ID: 378 738 787 931 333 Passcode: Ff6QM9TR
24 August 11am-12pm (Monday) 25 August 9am-10am (Tuesday) 26 August 11am-12pm (Wednesday)	Screen use	This workshop focuses on children's use of digital devices and how to manage it. It also provides tips and strategies for establishing healthy internet use.	24 August : TEAMS Meeting ID : 390 413 015 748 133 Passcode: 5q3RB38r 25 August: TEAMS Meeting ID : 348 944 652 079 565 Passcode: UH7Hi3Fx 26 August: TEAMS Meeting ID: 368 936 688 591 19 Passcode: af2SN9xx