

## BEAM

Please see below for training sessions being offered by BEAM during July & August

All sessions take place on MS Teams.

<p><b>Mental Health &amp; Emotional well-being in children &amp; young people.</b></p>	<p>We will cover:</p> <ul style="list-style-type: none"> <li>• Effective communication.</li> <li>• Empathy V Sympathy.</li> <li>• Overview of common emotional well-being topics such as anxiety, depression, self-harm, suicidal ideation and anger.</li> </ul>	<p>Wednesday 7<sup>th</sup> July 2021</p> <p>12pm – 1.30pm</p>	<p><b>Join on your computer or mobile app</b>  <a href="#">Click here to join the meeting</a>  <a href="#">Learn More</a>   <a href="#">Meeting options</a></p>
<p><b>Sleepy Heads.</b></p> <p>2 session workshop around sleep &amp; common issues.</p> <p><i>It is advisable to attend both sessions.</i></p>	<p>Session 1:</p> <ul style="list-style-type: none"> <li>• Sleep stages.</li> <li>• Sleep hygiene.</li> <li>• Bedtime routines.</li> </ul>	<p>Wednesday 21st July 2021</p> <p>12pm-1.30pm</p>	<p><b>Join on your computer or mobile app</b>  <a href="#">Click here to join the meeting</a>  <a href="#">Learn More</a>   <a href="#">Meeting options</a></p>
	<p>Session 2:</p> <ul style="list-style-type: none"> <li>• Tackling common issues around sleep including:</li> <li>• Prolonged night-time awakenings.</li> <li>• Bedtime refusal &amp; resistance.</li> <li>• Teen sleep.</li> </ul>	<p>Wednesday 4th August 2021</p> <p>12pm-1.30pm</p>	<p><b>Join on your computer or mobile app</b>  <a href="#">Click here to join the meeting</a>  <a href="#">Learn More</a>   <a href="#">Meeting options</a></p>
<p><b>Managing anxious behaviours in young people.</b></p>	<p>We will cover:</p> <ul style="list-style-type: none"> <li>• What anxiety is.</li> <li>• Science of anxiety.</li> <li>• How to support.</li> </ul>	<p>Wednesday 18th August 2021</p> <p>12pm – 1.30pm</p>	<p><b>Join on your computer or mobile app</b>  <a href="#">Click here to join the meeting</a>  <a href="#">Learn More</a>   <a href="#">Meeting options</a></p>