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| **Virtual Wellbeing Drop-ins** Do you want to learn more about feeling happy and calm at home?Activities and information will be aimed at all children. Younger children may need support from an adult.

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| Wednesday 20th January 2021 | Understanding anxiety | Please book through Eventbrite:<https://www.eventbrite.co.uk/e/promoting-positive-wellbeing-understanding-anxiety-tickets-135673054759> |
| Wednesday 27th January 2021 | Supporting children with angry feelings | Please book through Eventbrite:<https://www.eventbrite.co.uk/e/promoting-positive-wellbeing-supporting-children-with-angry-feelings-tickets-135678832039> |
| Wednesday 3rd February 2021 | Feeling positive | Please book through Eventbrite:<https://www.eventbrite.co.uk/e/promoting-positive-wellbeing-feeling-calm-and-positive-tickets-135682342539> |
| Wednesday 10th February 2021 | Managing worries in times of transition | Please book through Eventbrite:<https://www.eventbrite.co.uk/e/promoting-positive-wellbeing-managing-worries-in-times-of-transition-tickets-135680284383> |

For more information please contact the Early Help team via Eventbrite | **Promoting Positive Emotional Wellbeing Drop-in****────****Find ways to support the children and young people in your life****────****Free to attend****Via Microsoft Teams****────****Young People****10:30-11:00****────****Parents**  **11:00-11:30** **Gain information, support and guidance****Resources will be sent out after each session** |