



SUMMER ONLINE WORRY MANAGEMENT GROUP



Is your young person feeling more worried than usual?

Are those worries starting to get in the way of everyday life and would they like to access support from Compass Bloom for the first time?

We're here to help.



online group



We're running an online worry management group for secondary school aged young people across Central & West Lancashire.

- Short online assessment
- 6-week course
- Delivered on MS Teams
- Join alongside other young people who feel the same

What we'll cover (one topic each week):

Session 1 - Understanding anxiety – fight, flight, freeze + intro to CBT

Session 2 - Spotting & managing physical symptoms

Session 3 - Challenging negative thoughts – fact or opinion?

Session 4 - Worry tools – the worry tree, letting go & problem solving

Session 5 - Behaviours – safety, exposure & building confidence

Session 6 - Emotions – self-soothing, safe spaces & moving forward



A safe space to learn, share and discover new ways to manage worries.



TO REGISTER FOR OUR NEXT ONLINE GROUP

Scan the QR code or use the MS link to complete a quick form.

Summer Workshops

Group 1: Tuesdays 21 & 28 July; 4, 11, 18 & 25

August : 11:00am – 12:00pm

Group 2: Thursdays 23 & 30 July; 6, 13, 20 & 27

August : 3:00pm – 4:00pm

SCAN ME!



<https://forms.cloud.microsoft/e/gA1tT3Fqf9>



COMPASSBLOOM@COMPASS-UK.ORG



01772 280123



@COMPASSBLOOM



@COMPASSBLOOM.

UNIT 8 BALFOUR COURT, OFF HOUGH LANE, LEYLAND, LANCASHIRE, PR25 2TF