

Autumn Term 2022



WHAT'S ON AT VISYON:



CREATE AND CONNECT

Mondays 5.30-6.30pm (on Zoom) Age 11+
Mondays 6-7pm (Crewe base) Years 6-8 – starting 12th September for 8 weeks

Enjoy some time out to do something creative alongside other like-minded people. These small (max 6 people) creative groups are designed to help you relax, have fun and connect with others.



EXPLORING EMOTIONS

Tuesdays 6-7.15pm (Congleton Base) Age 14+

A chance to explore emotions in a creative way and to use art as a therapeutic tool. A small, supportive group provides a safe place to be yourself and find ways to cope when things are tough. Runs on a rolling 8 week programme.



OUR VISYON

Thursdays 4.30-5.30pm (on Zoom and Congleton Base) Age 14+

A supportive group for people who are interested in mental health, campaigning, rights and having a voice on all things that matter to young people.



PRACTICAL STRATEGIES SESSIONS

Recording Library Available Ages 11+

A series of webinars for young people to explore topics pertinent to mental health and to learn practical tools to help manage overwhelming emotions. Recording library available – see www.visyon.org.uk.

There is also the option to book one to four 1:1 sessions to work on the practical ideas from the webinars.

To find out more about the groups and activities or to book please phone Visyon on 01260 290000. These sessions are free of charge and open to all in Cheshire East. We also have parent webinars and workshops – please see the website for more info.