



WELLBEING ACTIVITIES

WEEK COMMENCING 04/05/2020

ACTIVITY	DESCRIPTION	WHEN	WHERE
Parent Support Group	Parental support over a virtual cup of tea. Learn and exchange ways of supporting your child experiencing mental health issues.	Monday 6pm – 7pm	Zoom (Contact us)
Therapeutic Storytime Under 11's	Listen to a story to help you with those big feelings.	Tuesday 2pm	Facebook Live @visyonltd
Practical strategies to handle emotions for young people and their parents	Week 2 Explore the feeling of anxiety and how you can manage your anxiety.	Tuesday 3:30pm -4:15pm	Zoom (Contact us)
Exploring Emotions Group 16+	Explore emotions such as anger or anxiety using the media of art and creative activities and learn skills to challenge these feelings. You don't need loads of craft stuff.	Tuesday 6pm – 7pm	Zoom (Contact us)





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Practical Strategies: Selfcare Kit	Learn how to make your own Self-care kit and discover the 5 ways to wellbeing. Week 4: '5 ways to wellbeing'	Wednesday 2pm	Instagram Live @visyonltd
Visyon Voices	Sing your heart out – fantastic therapy.	Wednesday 5:30pm – 6:30pm	Zoom (Contact us)
Mindful Movements	Mindful movements using some yoga elements.	Thursday 11:30am – 12pm	Instagram Live @visyonltd
Our Visyon 14+	Learn about mental health, how to share your knowledge and skills with others, effective campaign strategies and how to have a voice and influence what mental health and other support looks like for children and young people.	Thursday 3pm – 4pm	Zoom (Contact us)





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Exploring Emotions Group 11 - 14	Explore emotions such as anger or anxiety using the media of art and creative activities and learn skills to challenge these feelings. You don't need loads of craft stuff.	Thursday 6pm - 7pm	Zoom (Contact us)
Parenting Strategies	Helping kids feel calm when the world feels scary.	Friday 2:30pm	Facebook Live @visyonltd

