

# MHST SUMMER WORKSHOPS

MHST are offering an opportunity to learn CBT based skills to support young people's mental health and wellbeing.

These workshops have been developed for children/young people and parents/carers.

**MONDAY 28<sup>TH</sup> JULY**  
**10:00 - 11:00**  
**SOMERSTOWN FAMILY**  
**HUB**



## CALM KITS (WITH PORTSMOUTH PARENT VOICE)

This workshop will cover:

What are emotions and understanding how they affects our bodies, as well as how to notice when our emotions get too big. We will learn how to calm ourselves down and do an activity together to take home.

**TUESDAY 5<sup>TH</sup> AUGUST**  
**13:00-14:00**  
**SOMERSTOWN FAMILY**  
**HUB**



## COPING WITH BIG EMOTIONS

This workshop will cover:

How big emotions affect our bodies and behaviour, linking these to the zones of regulation, and how we can model effective regulation.

**WEDNESDAY 13<sup>TH</sup> AUGUST**  
**13:00-14:00**  
**PAULSGROVE FAMILY**  
**HUB**



## MANAGING WORRIES

This workshop will cover:

Understanding anxiety, types of worries and ways to manage different worries. There will be a chance to practice different grounding and distraction techniques, and come away with your own pack of tools.

**FRIDAY 22<sup>ND</sup> AUGUST**  
**10:00-11:00**  
**NORTHERN PARADE**  
**FAMILY HUB**



## SUPPORTING WELLBEING

This workshop will cover:

Understanding wellbeing, 5 steps to wellbeing, relaxation, distraction and self-care. There will be a chance to consider how you can apply these steps to your daily life and take away some useful skills!

**FRIDAY 29<sup>TH</sup> AUGUST**  
**10:30-11:30**  
**PAULSGROVE FAMILY**  
**HUB**



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Please note that there is a maximum capacity of 20.

To sign up, scan this QR code

Young people will need to be accompanied by an adult.

