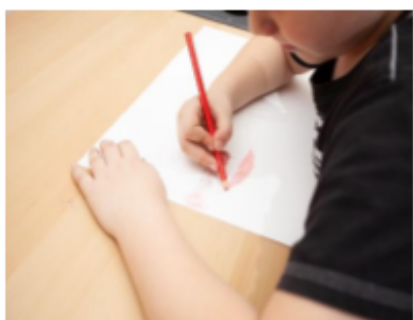


Autumn 2021



WHATS ON AT VISYON:

Here are details of our groups, webinars and parent workshops. Maybe you are looking for opportunities to have fun, be creative and meet others who are experiencing similar things or maybe you are a young person or parent looking to learn more about mental health and ways to manage emotions and improve your wellbeing. If so, have a look at the groups and courses we are running this term. All friendly, supportive and free.



CREATE AND CONNECT

Tuesdays 4.30-5.30pm (on Zoom)

Age 11+

Enjoy some time out to do something creative alongside other like-minded people. Whether you are crafty already or want to learn some new skills, this group is designed to help you relax, have fun and connect with others.



EXPLORING EMOTIONS

Tuesdays 6-7pm (Grp 1) (Face to Face, Congleton)

Age 15+

Wednesdays 6-7pm (Group 2) (On Zoom) Age 12+

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. This is an 8 week closed group which is very popular so may have a waiting list.



PARENT/CARER WEBINARS

Wednesdays/Thursdays 9.30-10.30am (on Zoom)

For adults

A series of informative webinars on topics relevant to parents in supporting their children's mental health and wellbeing. The webinars are available as live sessions or recordings (see website for registration links)



PRACTICAL STRATEGIES WEBINARS

Wednesdays 4.30-5.00pm (on Zoom)
Age 11+

A series of webinars for young people to explore topics such as Anger, Anxiety, School stress and Self Care and to learn practical tools to help manage overwhelming emotions. Recorded sessions available on the website



OUR VISYON

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

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



UNDERSTANDING ANXIETY WORKSHOPS

Thursdays 6-7pm (on Microsoft Teams)
Age 15-18

A series of workshops (6 sessions weekly) to explore what anxiety is, how it affects people and to learn practical tools to help manage overwhelming emotions. This is run as a small, closed group. Please enquire for next available start date.



PARENT WORKSHOPS

Various Dates

Parent Workshops on topics such as Sleep, Anxiety and Transitions are available. These workshops are evidence based and are a chance to meet other parents in similar situations as well as improve your skills and confidence.

To find out more about the groups and activities or to book onto any of the sessions please phone Visyon on 01260 290000. These sessions are free of charge and open to all in Cheshire East.





Visyon Parent/Carer Webinars – Sept-Dec 2021

Our Parent Webinars are intended to offer information and ideas to help you in supporting your child with understanding and managing their emotions and wellbeing. These are open to parents/carers or other interested family members living in Cheshire East.

The webinars are delivered as a presentation on Zoom. As a participant you are not connected via video or audio but may interact or ask questions using the typed chat function. The webinars are delivered by Laura Kerr (Wellbeing Team Leader) and Paula Duncan (Young Person's Counsellor)

The webinars are run on a rolling programme so some sessions coming up are repeats and others are new topics. We have received positive feedback from parents including:

"I have signed up to all your webinars as I think they're great and have made me realise more of my child's behaviour is likely anxiety related than I originally thought"
"The webinars have been really helpful to find out more about how the body and mind works and then working on strategies to help us cope."

The forthcoming webinars are:

Wednesday 15th September 2021 9.30-10.30am – Understanding the Teenage Brain
https://us02web.zoom.us/webinar/register/WN_9ZQgD9BLQJuwUkym9Dt04A

Wednesday 29th September 2021 9.30-10.30am - Building Resilience and Self Esteem
https://us02web.zoom.us/webinar/register/WN_XjPRZF1_THucFaP6Sg4fZg

Wednesday 20th October 2021 9.30-10.30am - Managing Big Emotions
https://us02web.zoom.us/webinar/register/WN_oG0CwpPYT3yOSsxBTm6F9w

Thursday 11th November 9.30-10.30am – The Science of Sleep (and how to improve it!)
https://us02web.zoom.us/webinar/register/WN_N0h9tVjoSvmBy9UlcV1MoA

Thursday 25th November 2021 9.30-10.30am – Sensory Processing * New Topic*
https://us02web.zoom.us/webinar/register/WN__nmm-gOGQQ-04N_ZZK0Vaw

Thursday 9th December 9.30-10.30am – Family Relationships *New Topic*
https://us02web.zoom.us/webinar/register/WN_3tS8cEN8TuGpJd41rW29Q

Please click on the relevant link to register in advance for the webinar(s) you wish to attend. After registering, you will receive a confirmation email containing information about joining the webinar.

We will have a recording available to send out after the event and will send this to all registrants. If you wish to only receive the recording please indicate this on the registration so we don't count you towards the numbers as the webinars have a limited capacity.



Visyon Practical Strategies Webinars – Autumn 2021

Our Practical Strategies Webinars are intended for young people to find out information and ideas about managing some of the “uncomfortable” emotions which we all experience but which are so common during the adolescent years. They are open to young people aged 11+. The webinars are around 30 minutes long and will take place on a Wednesday at 4.30pm. The webinars are delivered as a presentation on Zoom. As a participant you are not connected via video or audio but may interact or ask questions using the typed chat function. The webinars are delivered by Isobel Hill (Wellbeing Worker and Mentor).

The forthcoming webinars are:

Wednesday 15th September 2021 4.30pm – 5.00pm – Understanding the Teenage Brain

https://us02web.zoom.us/webinar/register/WN_XHabORXXRqi9GuZWQYDOUw

Wednesday 29th September 2021 4.30pm – 5.00pm - Building Resilience and Self Esteem

https://us02web.zoom.us/webinar/register/WN_mtelTYn6SvCTud389BmhJQ

Wednesday 6th October 4.30pm – 5.00pm – Introduction to First Aid for Mental Health

https://us02web.zoom.us/webinar/register/WN_TrA0sJnHSpS-ha_EHiffg

Wednesday 20th October 4.30pm – 5.00pm – School Stress

https://us02web.zoom.us/webinar/register/WN_GzTkb5e8RC2evx8a0glivQ

Wednesday 3rd November – Why do I feel so anxious?

https://us02web.zoom.us/webinar/register/WN_Yj4p0KIPRCCjUc2jbTKY8Q

Wednesday 10th November – How do I manage my anxiety?

https://us02web.zoom.us/webinar/register/WN_JVKUD89SR66OfJrxPIR9g

Wednesday 24th November – Why do I feel so angry?

https://us02web.zoom.us/webinar/register/WN_KUqhcasnSvGc-J_bvNwcYg

Wednesday 1st December – How can I manage my anger in different ways?

https://us02web.zoom.us/webinar/register/WN_3m1H99e6Rz-3MYB2fkkzsg

Wednesday 8th December 4.30 – 5.00pm – Sleep; how to promote good sleep and why it is so important to help our mental health.

https://us02web.zoom.us/webinar/register/WN_LpEjnU-CSBGIGYESToGwgA

Please click on the relevant link to register in advance for the webinar(s) you wish to attend.

After registering, you will receive a confirmation email containing information about joining the webinar.

We will have a recording available to send out after the event and will send this to all registrants. If you wish to only receive the recording please indicate this on the registration so we don't count you towards the numbers as the webinars have a limited capacity.

If you are interested in finding out about other ways in which Visyon might be able to support you, please visit www.visyon.org.uk.