



EMPOWERING YOUNG PEOPLE

SCHOOL BASED SESSIONS



Would you be interested in Visyon delivering a group session in your school?

Visyon Wellbeing Practitioners can offer a range of services to support you and your students from delivering small group sessions at lunchtime or after school to whole class sessions.

To discuss how we can help please contact Laura Kerr, Wellbeing Team Leader, on 01260 290000 or laura.kerr@visyon.org.uk

**MENTAL HEALTH
WORKSHOPS (1
HOUR)**

**PEER SUPPORT
TRAINING**

**CREATIVE
ACTIVITIES FOR
WELLBEING**

RELAXATION AND YOGA

**MENTAL HEALTH
FIRST AID
TRAINING**