



MHST SUMMER WORKSHOPS

MHST are offering an opportunity to learn CBT based skills to support young people's mental health and wellbeing. Workshops are being run twice a week at either


 Somerstown Family Hub (Omega St, PO5 4LP) or
 Northern Parade Family Hub (Doyle Avenue, PO2 9NE).

MONDAY
31ST JULY
14:00- 15:30



SUPPORTING WELLBEING

This workshop will cover:
Understanding wellbeing, 5 steps to wellbeing, relaxation, distraction and self-care.

Aimed at: 

FRIDAY
4TH AUGUST
10:00-11:30



MONDAY
7TH AUGUST
14:00- 15:30



SUPPORTING LOW MOOD THROUGH ACTIVITY

This workshop will cover:
Understanding low mood, acting outside-in, things we value in our lives, scheduling activities.

Aimed at: 

FRIDAY
11TH AUGUST
10:00-11:30



MONDAY
14TH AUGUST
14:00- 15:30



CHALLENGING NEGATIVE THOUGHTS

This workshop will cover:
Understanding how negative thoughts impact our anxiety and mood, Automatic Negative Thoughts (ANTs), unhelpful thinking styles, thought challenging, thought acceptance.

Aimed at: 

FRIDAY
18TH AUGUST
10:00-11:30




MONDAY
21ST AUGUST
14:00- 15:30



RESPONDING TO YOUR CHILD'S WORRIES

This workshop will cover:
Understanding anxiety, when it is normal/a problem, what keeps it going, avoidance, reassurance, communication tips and additional strategies to manage worries.

Aimed at: 

FRIDAY
25TH AUGUST
10:00-11:30



TUESDAY
29TH AUGUST
14:00- 15:30



MANAGING WORRIES

This workshop will cover:
Understanding anxiety, types of worries, ways to manage different worries, distraction and grounding, worry time and problem solving.

Aimed at: 

FRIDAY
1ST SEPTEMBER
10:00-11:30



Please note that there is a maximum capacity of 20. To register, email MHSTcamhsPortsmouth@solent.nhs.uk

These workshops have been developed with an audience in mind, however please feel free to accompany your child to any of the workshops.



Parents/carers



Young people (11-18)



Parents/carers
with young people