

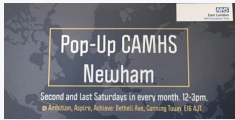


Newham CAMHS Workshops

Newham CAMHS offers therapeutic workshops for young people and parents/carers who live in Newham and would like advice and support to improve their mental health and wellbeing.

DUE TO COVID-19, WE ARE NOW OFFERING OUR WORKSHOPS ONLINE INSTEAD OF FACE-TO-FACE. PLEASE SIGN-UP FOR WORKSHOPS AS USUAL, AND WE WILL SEND YOU A LINK TO ACCESS THE WORKSHOPS ONLINE.

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Online Pop-Up CAMHS Newham

FREE

#Health #Course



W E D , 2 3 : M A Y

Coping with Anxiety

FREE

#Health #Course



W E D , 1 9 : 3 0 N

Managing My Mood

FREE

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W E D , 2 9 : 3 0 N

Managing Anger

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Managing My Worries

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W E D , 2 2 : 3 0 L

Parenting and Self Care

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W E D , 1 5 5 : A 3 0 0 G

Mindfulness and Self Care

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