

**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_mteITYn6SvCTud389BmhJQ>

**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_GzTkb5e8RC2evx8a0gIivQ>

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

<https://us02web.zoom.us/webinar/register/WN_Yj4p0KlPRCCjUc2jbTKY8Q>

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

<https://us02web.zoom.us/webinar/register/WN_JVKUD89SR66OftJrxPlR9g>

**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](http://www.visyon.org.uk).