



Visyon Practical Strategies Webinars – Summer 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 23rd June 2021: What is Anxiety?

Wednesday 30th June 2021: How can I manage my anxiety?

Wednesday 7th July 2021: Why do I get so angry?

Wednesday 14th July 2021: How else can I express my anger?

Please click on the 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.

https://us02web.zoom.us/webinar/register/WN_yEW7MLk-TT-w29HiJCxVBw

The webinars have a maximum capacity of 100 people so please let us know if you can no longer attend so we can re-allocate the places. We will have recordings available after the event.

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.