

SAFE IN ESSEX PROGRAMME FOR THE FESTIVE PERIOD.

You can access Microsoft Teams via the internet or download the app



FOR
AGES 8-18

21ST DECEMBER



10am: Exam Stress Workshop – Some useful tips and advice on how to manage stress related to studies and upcoming exams.

1pm: One Community- Support group for young people who identify as LGBTQ+ exploring identity and belonging.

3pm: Festive Quiz- Fun quiz and riddles to make you think.

22ND DECEMBER



10am: Conflict Resolution and risky behaviours- How to overcome conflict and find a solution to those difficult situations.

1pm: Festive Survival Workshop- fun tips on how to survive different situations, like being trapped in the North Pole!

3pm: Festive Crafts- a look at creating your own festive masterpieces and crafty creations on a budget.

23RD DECEMBER



10am: Managing Emotions- Helping you to recognise, acknowledge and manage your emotions.

1pm: One Community- Support group for BAME young people exploring identity and belonging.

3pm: Fun Festive Baking – Forget The Great British Bake off, Safe in Essex have some simple but fun festive baking ideas for you.

SAFE IN ESSEX ADVICE LINE- 07725 639571

OPEN FOR ADVICE AND GUIDANCE OVER THE FESTIVE PERIOD. AVAILABLE DURING

21st, 22nd, 23rd, 24th, 29th, 30th and 31st December - 10am to 2pm

To book your place, please check out our website; www.childrenssociety.org.uk/east/services/safe-in-essex

or contact Essexreferrals@childrenssociety.org.uk