

**Did you miss the  
'Managing change and building resilience'  
wellbeing workshop for young people earlier in  
September? Well here's your second chance to  
attend!**

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A virtual teaching session for young people lasting approx. 45mins - 1 hour, looking at ways to manage emotions during times of change particularly focussing on the impact of Covid-19.

We will also be looking at how we can build resilience and where to seek further support.

It is helpful to us if you can call our SPA team on 0300 247 0090 option 1 to book your space before the session but if you'd rather just join on the day you can just click on the link below just before the start of the session.

Please have a piece of paper, pen and some coloured pens/pencils if possible. Suitable for ages 11-18. Parents and siblings welcome to attend with their young person.

We look forward to seeing you there (virtually)!

\*This is a repeat session of the workshop run on the 17<sup>th</sup> September, no need to attend again unless you would like to!

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Session by:  
**Kirsty Dalton and Ruth Noakes**  
**Wiltshire School Nurse team**

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**Thursday 15<sup>th</sup> October 2020**  
**4:30-5:30pm**

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Microsoft Teams Meeting  
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**Virgin Care Wiltshire Children's Community Services**

Please do not reply to this email. If you have any queries please contact us on 0300 247 0090 (Option 1)

