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## WEEKLY BEAM DROP-INS ARE HELD:

<b>Mondays &amp; Tuesdays</b>	<b>9 Market Square, Wellington, Telford TF1 1BP</b>	<b>Open: 12pm Close: 7pm</b>
<b>Thursdays</b>	<b>Upstairs at Palmer's Café, Claremont Street, Shrewsbury SY1 1QG</b>	<b>Open: 2pm Close: 7pm</b>
<b>Saturdays</b>	<b>9 Market Square, Wellington, Telford TF1 1BP</b>	<b>Open: 11am Close: 4pm</b>

## OPENING ON 6TH FEB 2019—BEAM IN LUDLOW! Ludlow Youth Centre, Ludlow SY8 1RT

**FIRST and THIRD Wednesday of each  
month**

**Open: 3.30pm    Close: 7pm**

**February 6th, 20th**

**March 6th, 20th**

**April 3rd, 17th**

**May 1st, 15th**

**June 5th, 19th**

**July 3rd, 17th**

**August 7th, 21st**

**September 4th, 18th**

**October 2nd, 16th**

**November 6th, 20th**

**December 4th, 18th**

**January— TBC**

[AskBeam@childrenssociety.org.uk](mailto:AskBeam@childrenssociety.org.uk)

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# WELLBEING WORKSHOP CALENDAR

JANUARY & FEBRUARY 2019

**Beam workshops offer children and young people the opportunity to access therapeutic group support relating to a range of common mental health and emotional wellbeing topics.**

**For a young person to attend a workshop they will need to be registered with Beam, and have attended one of our drop-in sessions beforehand.**

**Our workshops are held at our Wellington and Shrewsbury venues.**

***The Beam service works to empower children and young people in managing their emotional wellbeing, therefore it is important that the young person wants to attend a drop-in session or workshop.***

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<b>Monday</b> 31	<b>Tuesday</b> <b>1 January</b> New Year's Day	<b>Wednesday</b> <b>2 January</b>	<b>Thursday</b> <b>3 January</b>	<b>Friday</b> <b>4 January</b>	<b>Saturday</b> <b>5 January</b> ARTS & CRAFTS WORKSHOP 2-3:30pm ALL AGES Capacity = c.10
<b>7 January</b>	<b>8 January</b> 'WHY WORRY' WORKSHOP (ANXIETY) AGE 10+ 4.30-5.30 BEAM (WELLINGTON)	<b>9 January</b>	<b>10 January</b> 'MINDFUL MOMENTS' WORKSHOP ALL AGES (incl parents) 4.30-5.30	<b>11 January</b>	<b>12 January</b> ARTS & CRAFTS WORKSHOP 2-3:30pm ALL AGES Capacity = c.10
<b>14 January</b>	<b>15 January</b> 'WHY WORRY' WORKSHOP (ANXIETY) AGE 10+ 4.30-5.30 BEAM (WELLINGTON)	<b>16 January</b>	<b>17 January</b> 'MINDFUL MOMENTS' WORKSHOP ALL AGES (incl parents) 4.30-5.30	<b>18 January</b>	<b>19 January</b> ARTS & CRAFTS WORKSHOP 2-3:30pm ALL AGES Capacity = c.10
<b>21 January</b>	<b>22 January</b> 'WHY WORRY' WORKSHOP (ANXIETY) AGE 10+ 4.30-5.30 BEAM (WELLINGTON)	<b>23 January</b>	<b>24 January</b> 'MINDFUL MOMENTS' WORKSHOP ALL AGES (incl parents) 4.30-5.30	<b>25 January</b>	<b>26 January</b> ARTS & CRAFTS WORKSHOP 2-3:30pm ALL AGES Capacity = c.10
<b>28 January</b>	<b>29 January</b> 'WHY WORRY' WORKSHOP (ANXIETY) AGE 10+ 4.30-5.30 BEAM (WELLINGTON)	<b>30 January</b> HOT TOPICS 5-6PM AGE 12+ BEAM (WELLINGTON)	<b>31 January</b> 'MINDFUL MOMENTS' WORKSHOP ALL AGES (incl parents) 4.30-5.30 BEAM (PALMERS)	<b>1 February</b>	<b>2 February</b> ARTS & CRAFTS WORKSHOP 2-3:30pm ALL AGES Capacity = c.10

<b>4 February</b>	<b>5 February</b>	<b>6 February</b>	<b>7 February</b>	<b>8 February</b>	<b>9 February</b>
	'WHY WORRY' WORKSHOP (ANXIETY) AGE 10+ 4.30-5.30 BEAM (WELLINGTON)		'MINDFUL MOMENTS' WORKSHOP ALL AGES (incl parents) 4.30-5.30		ARTS & CRAFTS WORKSHOP 2-3.30pm ALL AGES Capacity = c.10
<b>11 February</b>	<b>12 February</b>	<b>13 February</b>	<b>14 February</b>	<b>15 February</b>	<b>16 February</b>
	'WHY WORRY' WORKSHOP (ANXIETY) AGE 10+ 4.30-5.30 BEAM (WELLINGTON)				ARTS & CRAFTS WORKSHOP 2-3.30pm ALL AGES Capacity = c.10
<b>18 February</b>	<b>19 February</b>	<b>20 February</b>	<b>21 February</b>	<b>22 February</b>	<b>23 February</b>
HALF TERM	HALF TERM	HALF TERM	HALF TERM	HALF TERM	ARTS & CRAFTS WORKSHOP 2-3.30pm ALL AGES Capacity = c.10
<b>25 February</b>	<b>26 February</b>	<b>27 February</b>	<b>28 February</b>	<b>1 March</b>	<b>2 March</b>
	'UNDERSTANDING EMOTIONS' WORKSHOP AGE 5-11 (PRIMARY AGE) 4.30-5.30 BEAM WELLINGTON	HOT TOPICS 5-6PM AGE 12+ BEAM (WELLINGTON)	'UNDERSTANDING EMOTIONS' WORKSHOP AGE 5-11 (PRIMARY AGE) 4.30-5.30 BEAM (PALMIERS)		ARTS & CRAFTS WORKSHOP 2-3.30pm ALL AGES Capacity = c.10

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# WELLBEING WORKSHOP CALENDAR

MARCH & APRIL 2019

**Beam workshops offer children and young people the opportunity to access therapeutic group support relating to a range of common mental health and emotional wellbeing topics.**

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<b>Monday</b> <b>4 March</b>	<b>Tuesday</b> <b>5 March</b>	<b>Wednesday</b> <b>6 March</b>	<b>Thursday</b> <b>7 March</b>	<b>Friday</b> <b>8 March</b>	<b>Saturday</b> <b>9 March</b>
	'UNDERSTANDING EMOTIONS' WORKSHOP AGE 5-11 (PRIMARY AGE) 4.30-5.30 BEAM WELLINGTON		'UNDERSTANDING EMOTIONS' WORKSHOP AGE 5-11 (PRIMARY AGE) 4.30-5.30 BEAM (PALMERS)		ARTS & CRAFTS WORKSHOP 2-3.30pm ALL AGES Capacity = c.10
<b>11 March</b>	<b>12 March</b>	<b>13 March</b>	<b>14 March</b>	<b>15 March</b>	<b>16 March</b>
	'UNDERSTANDING EMOTIONS' WORKSHOP AGE 5-11 (PRIMARY AGE) 4.30-5.30 BEAM WELLINGTON		'UNDERSTANDING EMOTIONS' WORKSHOP AGE 5-11 (PRIMARY AGE) 4.30-5.30 BEAM (PALMERS)		ARTS & CRAFTS WORKSHOP 2-3.30pm ALL AGES Capacity = c.10
<b>18 March</b>	<b>19 March</b>	<b>20 March</b>	<b>21 March</b>	<b>22 March</b>	<b>23 March</b>
	'UNDERSTANDING EMOTIONS' WORKSHOP AGE 5-11 (PRIMARY AGE) 4.30-5.30 BEAM WELLINGTON		'UNDERSTANDING EMOTIONS' WORKSHOP AGE 5-11 (PRIMARY AGE) 4.30-5.30 BEAM (PALMERS)		ARTS & CRAFTS WORKSHOP 2-3.30pm ALL AGES Capacity = c.10
<b>25 March</b>	<b>26 March</b>	<b>27 March</b>	<b>28 March</b>	<b>29 March</b>	<b>30 March</b>
	'UNDERSTANDING EMOTIONS' WORKSHOP AGE 5-11 (PRIMARY AGE) 4.30-5.30 BEAM WELLINGTON	HOT TOPICS 5-6PM AGE 12+ BEAM (WELLINGTON)	'UNDERSTANDING EMOTIONS' WORKSHOP AGE 5-11 (PRIMARY AGE) 4.30-5.30 BEAM (PALMERS)		ARTS & CRAFTS WORKSHOP 2-3.30pm ALL AGES Capacity = c.10

<b>Monday</b> 1 April	<b>Tuesday</b> 2 April	<b>Wednesday</b> 3 April	<b>Thursday</b> 4 April	<b>Friday</b> 5 April	<b>Saturday</b> 6 April
SCHOOL/EXAM STRESS 'CLINIC'	'UNDERSTANDING EMOTIONS' WORKSHOP AGE 5-11 (PRIMARY AGE) 4.30-5.30 BEAM WELLINGTON		'UNDERSTANDING EMOTIONS' AGE 5-11 (PRIMARY AGE) 4.30-5.30 BEAM (PALMERS) & SCHOOL/EXAM STRESS 'CLINIC'		ARTS & CRAFTS WORKSHOP 2-3.30pm ALL AGES Capacity = c.10
<b>8 April</b>	<b>9 April</b>	<b>10 April</b>	<b>11 April</b>	<b>12 April</b>	<b>13 April</b>
SCHOOL/EXAM STRESS 'CLINIC'	'UNDERSTANDING EMOTIONS' WORKSHOP AGE 5-11 (PRIMARY AGE) 4.30-5.30 BEAM WELLINGTON		'UNDERSTANDING EMOTIONS' AGE 5-11 (PRIMARY AGE) 4.30-5.30 BEAM (PALMERS) & SCHOOL/EXAM STRESS 'CLINIC'		ARTS & CRAFTS WORKSHOP 2-3.30pm ALL AGES Capacity = c.10
<b>15 April</b>	<b>16 April</b>	<b>17 April</b>	<b>18 April</b>	<b>19 April</b>	<b>20 April</b>
SCHOOL/EXAM STRESS 'CLINIC'			SCHOOL/EXAM STRESS 'CLINIC'	<b>Good Friday</b>	ARTS & CRAFTS WORKSHOP 2-3.30pm ALL AGES Capacity = c.10
<b>22 April</b> Easter Monday	<b>23 April</b>	<b>24 April</b>	<b>25 April</b>	<b>26 April</b>	<b>27 April</b>
		HOT TOPICS 5-6PM AGE 12+ BEAM (WELLINGTON)	SCHOOL/EXAM STRESS 'CLINIC'		ARTS & CRAFTS WORKSHOP 2-3.30pm ALL AGES Capacity = c.10