

CAMHS ONLINE WELL BEING WORKSHOPS

27th – 29th May 2025

CAMHS will be running a range of workshops on MS Teams during May Half Term 2025 for children, young people in year 6 & above, and their families across Gwent.

Please use the booking form/QR code below and make sure to book on at least 24 hours before the session.

Parents are welcome to attend with their young person, but we will not be able to answer any individual CAMHS queries during the workshop time.

UNDERSTANDING EMOTIONS

A 1.5 hour workshop exploring feelings and emotions and learning new ways to regulate our emotions.

Please note that this workshop may also benefit year 6 pupils who are moving up to secondary school.

WHEN?

Thursday 29th May – 1pm

5 WAYS TO WELLBEING

1.5 hour workshop sharing tips and ideas on easy ways that students can actively improve their own well-being.

WHEN?

Thursday 29th May – 10:30am

UNDERSTANDING ANXIETY

1.5 hour workshop exploring what anxiety is and sharing strategies to manage feelings of anxiety in a positive way

WHEN?

Wednesday 28th May – 1pm

LOOKING AFTER YOUR SELF DURING EXAM SEASON

1.5 hour workshop supporting students to understand what stress is, how it can present itself in the body and providing strategies to combat the impact of exam stress

WHEN?

Tuesday 27th May – 10:30am

BOOKING INFORMATION

To register for one of the listed sessions, follow the Microsoft Forms link or scan the QR code:

<https://forms.office.com/e/YL1bEw8cSJ>



GWEITHDAI LLES AR-LEIN CAMHS

27ain – 29ain Mai 2025

Bydd CAMHS yn cynnal amrywiaeth o weithdai ar Dimau MS yn ystod hanner tymor Mai 2025 ar gyfer plant, pobl ifanc ym mlwyddyn 6 ac uwch, a'u teuluoedd ledled Gwent.

Defnyddiwch y ffurflen archebu/cod QR isod a gwnewch yn siŵr eich bod yn archebu o leiaf 24 awr cyn y sesiwn.

Mae croeso i rieni fynychu gyda'u person ifanc, ond ni fyddwn yn gallu ateb unrhyw ymholiadau CAMHS unigol yn ystod amser y gweithdy.

DEALL EMOSIYNAU

Gweithdy 1.5 awr yn archwilio teimladau ac emosiynau a dysgu ffyrdd newydd o reoli ein hemosiynau

Sylwer y gallai'r gweithdy hwn hefyd fod o fudd i ddisgyblion blwyddyn 6 sy'n symud i'r ysgol uwchradd.

PRYD?

Dydd Iau 29ain Mai – 1pm

5 LLWBYBR I LLES

Gweithdy 1.5 awr yn rhannu awgrymiadau a syniadau ar ffyrdd hawdd y gall myfyrwyr fynd ati i wella eu lles eu hunain.

PRYD?

Dydd Iau 29ain Mai – 10:30yb

DEALL PRYDER

Gweithdy 1.5 awr yn archwilio beth yw gorbryder a rhannu strategaethau i reoli teimladau o bryder mewn ffordd gadarnhaol

PRYD?

Dydd Mercher 28ain Mai – 1pm

EDRYCH AR OL EICH HUN Y YSTOD TYMOR ARHOLIAD

Gweithdy 1.5 awr yn cefnogi myfyrwyr i ddeall beth yw straen, sut y gall gyflwyno ei hun yn y corff a darparu strategaethau i frwydro yn erbyn effaith straen arholiadau

PRYD?

Dydd Mawrth 27ain Mai – 10:30yb

MANYLION BWCIO

I gofrestru ar gyfer un o'r sesiynau yma, dilynwch y ddolen Microsoft Forms neu sganiwch y cod QR:

<https://forms.office.com/e/YL1bEw8cSJ>

