

CAMHS ONLINE WELL BEING WORKSHOPS

EASTER HOLIDAYS 2026

CAMHS will be running a range of workshops on MS Teams during Easter Holidays 2026 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.

TRANSITIONS

A 1.5 hour workshop exploring feelings and emotions associated with transition and change. We look at common worries associated with transition and discuss some coping strategies to positively manage.

WHEN?

Monday 30th March 2026
10am-11:30am

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?

Monday 30th March 2026
1pm-2:30pm

LOOKING AFTER YOURSELF 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?

Wednesday 8th April 2026 – 11am-12:30pm

BOOKING INFORMATION

To register for one of the listed sessions, follow the Microsoft Forms link or scan the QR code:
[CAMHS Well-being Online Workshops ~ Easter 2026 – Fill in form](#)

CAMHS Well-being Online
Workshops ~ Easter 2026



GWEITHDAI LLES AR-LEIN CAMHS

GWYLIAU'R PASG 2026

Bydd CAMHS yn cynnal amrywiaeth o weithdai ar Dimau MS yn ystod Gwyliau Pasg 2026 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.

PONTIO

Gweithdy 1.5 awr yn archwilio teimladau ac emosiynau sy'n gysylltiedig â phontio a newid. Rydym yn edrych ar bryderon cyffredin sy'n gysylltiedig â phontio a newid ac yn trafod rhai strategaethau ymdopi i reoli'n gadarnhaol.

PRYD?

**Dydd Llun 30 Mawrth 2026
10am-11:30am**

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 Llun 30 Mawrth 2026
1pm-2:30pm**

GOFALU AMDANOCH CHI'CH HUN YN YSTOD TYMOR ARHOLIADU

Gweithdy 1.5 awr yn cefnogi myfyrwyr I ddeall beth yw straen, sut y gall ymddangos yn y corff a darparu strategaethau I frwydo yn erbyn effaith straen arholiadau.

PRYD?

Dydd Mercher 8 Ebrill 2026 11am-12:30pm

MANYLION BWCIO

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

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Workshops ~ Easter 2026

