

OUTREACH & THERAPEUTIC SERVICES



OUTREACH

£

Including 1:1 support, group work, whole class, transition support, anxiety management, emotional regulation, anger management. Offered as 10 block sessions including two consultation sessions free of charge.

We also offer staff training covering a range of topics.

ANGER MANAGEMENT COURSE

During this 6 week course, we can support with a range of issues including, why I get angry, I think I'm angry, the cost of anger, handling my anger, and expressing My Anger.

Revision tests, certificates, evaluation forms and follow up sessions included.

£

MINDFULNESS IN SCHOOLS PROJECT

Mindfulness Teachers/Practitioners are specially trained staff that can support children's mental health and emotional development.

They can support with a range of issues including depression, anger, addiction, worry, sleep, self-confidence etc. (10 weeks).

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MINDFULNESS BASED CBT

Cognitive Behaviour Therapy works by linking the way you think (Cognitive) with what you do (Behaviour) and how you feel (Therapy).

Mindfulness-based cognitive therapy builds upon the principles of cognitive therapy by using techniques such as mindfulness

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MINDFULNESS WORKSHOP FOR ADULTS

Mindfulness Teachers/Practitioners are specially trained staff that can support stress and burn out in adults.

We offer 4 weekly sessions covering a range of topics combined with strategies and recommendations.

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SATELLITE BEHAVIOUR HUB PROGRAMME

During this 6 or 12-week emotional literacy programme, we can support with a range of issues including, communication, conflict resolution, positive relationships, managing emotions, peer pressure, social media, resilience, plus more...

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