



SUMMER WORKSHOPS

**EARLY HELP HUB & HARROW MENTAL
HEALTH SUPPORT TEAM (MHST)**

DANCE & MOVEMENT

Wed 31st Jul & 7th Aug

1.30– 2.30pm - Ages 9-15 yrs. 2.30-3.30pm - Ages 16-19 (25 SEND)

SELF-ESTEEM

Mon 12th Aug

1.30– 2.30pm - Ages 9-15 yrs. 2.30-3.30pm - Ages 16-19 (25 SEND)



SUPPORTING YOUR CHILD IN THE TRANSITION TO SECONDARY SCHOOL - ONLINE

Wed 14th August 10am – 11.30am
For Parents - ONLINE

SCHOOL TRANSITIONS

Tues 20th Aug

1.30– 2.30pm - Ages 9-15 yrs. 2.30-3.30pm - Ages 16-19 (25 SEND)

WELLBEING SUPPORT FOR YOUNG PEOPLE WHO HAVE AUTISTIC SIBLINGS



Wed 21st Aug

1.30– 2.30pm - Ages 9-15 yrs. 2.30-3.30pm - Ages 16-19 (25 SEND)

LIMITED CAPACITY. PLACES ON A FIRST COME FIRST SERVE BASIS.
UNDER 16? PARENT CONSENT NEEDED.

TO REGISTER:
EARLY SUPPORT WEALDSTONE HUB
WEALDSTONEHUB4YOUTH@HARROW.GOV.UK
0208 416 8667

HELD AT
THE WEALDSTONE
YOUTH CENTRE





COME AND
EXPRESS YOUR
CREATIVITY

DANCE & MOVEMENT WORKSHOP

**WEDNESDAY
31ST JUL & 7TH AUG**

1.30- 2.30PM

AGES 9-15

2.30-3.30PM

AGES 16-19 (25 SEND)

FOR CHILDREN & YOUNG PEOPLE, AGED 9-19 (25 SEND)

Dance and Move together with the Harrow MHST!

A creative space to move together, connect and express your feelings to support your wellbeing.

A Dance Movement Psychotherapy (DMP) informed workshop for children and young people.

Held at the Wealdstone Youth Centre

To register: Contact Early Support Wealdstone Hub

via wealdstonehubyouthoffer@harrow.gov.uk or call 0208 416 8667

EARLY HELP HUB & HARROW MENTAL HEALTH SUPPORT TEAM (MHST)

**BOOST YOUR
SELF-ESTEEM**



SELF-ESTEEM WORKSHOP

MON 12TH AUG

1.30- 2.30PM

AGES 9-15

2.30-3.30PM

AGES 16-19 (25 SEND)

FOR CHILDREN & YOUNG PEOPLE, AGED 9-19 (25 SEND)

Our self-esteem workshop will be helpful for any CYP who are currently struggling with a low self-esteem and are looking for ways to boost their self-esteem.

This workshop will cover the following:

- What is self-esteem
- Spotting the signs of low self-esteem
- Causes of low self-esteem
- How low self-esteem can affect us
- Strategies to build a healthy self-esteem

Held at the Wealdstone Youth Centre

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EARLY HELP HUB & HARROW MENTAL HEALTH SUPPORT TEAM (MHST)



**SUPPORT
YOUR CHILD**



**SUPPORTING YOUR CHILD
IN THE TRANSITION TO
SECONDARY SCHOOL**



**WED 14TH
AUG**

10AM - 11.30AM

FOR PARENTS

Moving from Primary School into Secondary School can be a big change and can cause some young people to feel worried or stressed.

This workshop aims to provide parents with ways they can support their child with the transition into Secondary School.

VIRTUAL WORKSHOP - TAKING PLACE ONLINE

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EARLY HELP HUB & HARROW MENTAL HEALTH SUPPORT TEAM (MHST)



**SUPPORT YOUR
WELL-BEING**

WELLBEING SUPPORT FOR YOUNG PEOPLE WHO HAVE AUTISTIC SIBLINGS

WED 21ST AUG

1.30- 2.30PM

AGES 9-15

2.30-3.30PM

AGES 16-19 (25 SEND)

FOR CHILDREN & YOUNG PEOPLE, AGED 9-19 (25 SEND)

Our workshop aims at putting the siblings of autistic young people's needs and views into the centre. It supports them in reflecting on their own values, strengths and roles in their families. Siblings provide much help to autistic young people, they are on a journey together.


Supporting siblings on this journey is just as vital as supporting the autistic person themselves. This workshop provides siblings with space for reflection and for sharing helpful strategies to maintain their own wellbeing and self-esteem.

Held at the Wealdstone Youth Centre

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EARLY HELP HUB & HARROW MENTAL HEALTH SUPPORT TEAM (MHST)



PREPARE FOR
SCHOOL
CHANGES

TRANSITIONS WORKSHOP

TUES 20TH AUG

1.30- 2.30PM

AGES 9-15

2.30-3.30PM
AGES 16-19 (25 SEND)

FOR CHILDREN & YOUNG PEOPLE, AGED 9-19 (25 SEND)

Transitions can be difficult, whether it is moving from Primary School into Secondary School or Secondary School into College.

These big changes can sometimes make us feel worried or stressed.

This workshop aims to provide space to reflect on how transitions might impact you and what you can do to support your wellbeing.

Held at the Wealdstone Youth Centre

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