

Friendships Webinar

**Thursday 25th
September
4 pm - 5 pm**



This webinar is aimed at young people needing support and advice with friendships – whether starting at a new school, struggling to make or keep friends, or maintain friendship groups.

The webinar will focus on:

- Understanding what being a friend means.
- Explore thoughts, feelings and emotions linked to friendship.
- Explore Negative Automatic Thoughts.
- Stress bucket.
- Understanding yourself / personality types.
- Empathy.

Joining Information

To join our workshop please scan the QR code and follow the instructions to join using Microsoft Teams. You can also join using the following details:



Meeting ID: 385 520 131 987 3
Passcode: MX9vB3rH

If you have any issues logging on or any questions prior to the workshop please contact

tewv.wimtwsa@nhs.net

