

# Summer Workshops Calendar

## August 2024

MONDAY (Ages 11-15)	TUESDAY (Ages 11-15)	WEDNESDAY (Ages 16-25)	THURSDAY (Ages 16-25)	FRIDAY (Ages 11-25)
			01 <b>Great Western Studios</b> 65 Alfred Road, London W2 5EU  <b>12pm-1:30pm</b> Low mood/depression	02 <b>Online Drop-In</b>  <b>10am - 11am</b> Your Voice Matters  Share your feedback and ideas on how to shape the future of young people's mental health hub services!
05 <b>Great Western Studios</b> 65 Alfred Road, London W2 5EU  <b>10am-11am</b> Transitioning to Secondary School  <b>12pm- 1pm</b> Body Image	06 <b>Online Workshop</b>  <b>11am- 12pm</b> Friendships and Peer Pressure  <b>1pm- 2pm</b> Anxiety	07 <b>Online Workshop</b>  <b>11am- 12pm</b> Perfectionism  <b>1pm- 2pm</b> Anxiety	08 <b>Great Western Studios</b> 65 Alfred Road, London W2 5EU  <b>12pm-1:30pm</b> Body Image	09 <b>Online Drop-In</b>  <b>12pm - 1pm</b> Your Voice Matters  Share your feedback and ideas on how to shape the future of young people's mental health hub services!
12 <b>Great Western Studios</b> 65 Alfred Road, London W2 5EU  <b>10am-11am</b> Online and Offline Relationships  <b>12pm-1pm</b> Social Media	13 <b>Online Workshop</b>  <b>11am- 12pm</b> Managing Panic Attacks  <b>1pm- 2pm</b> Self-Esteem	14 <b>Online Workshop</b>  <b>11am- 12pm</b> Body Image  <b>1pm- 2pm</b> Assertiveness	15 <b>Great Western Studios</b> 65 Alfred Road, London W2 5EU  <b>12pm-1:30pm</b> Social Media	16 <b>Online Drop-In</b>  <b>1pm - 2pm</b> Your Voice Matters  Share your feedback and ideas on how to shape the future of young people's mental health hub services!
19 <b>Great Western Studios</b> 65 Alfred Road, London W2 5EU  <b>10am-11am</b> Self-Esteem  <b>12pm-1pm</b> Online Safety	20 <b>Online Workshop</b>  <b>11am- 12pm</b> Perfectionism  <b>1pm- 2pm</b> Low Mood and Depression	21 <b>Online Workshop</b>  <b>11am- 12pm</b> Transition to Adulthood  <b>1pm- 2pm</b> LGBTQ+	22 <b>Great Western Studios</b> 65 Alfred Road, London W2 5EU  <b>12pm-1:30pm</b> Online and Offline Relationships	23 <b>Online Drop-In</b>  <b>2pm - 3pm</b> Your Voice Matters  Share your feedback and ideas on how to shape the future of young people's mental health hub services!
26 <b>Great Western Studios</b> 65 Alfred Road, London W2 5EU  <b>10am-11am</b> Supporting your, and others' mental health  <b>12pm-1pm</b> Friendships	27 <b>Online Workshop</b>  <b>11am- 12pm</b> Exams, workload and time management  <b>1pm- 2pm</b> Body Image	28 <b>Online Workshop</b>  <b>11am- 12pm</b> Body Image  <b>1pm- 2pm</b> Time Management/ Procrastination	29 <b>Great Western Studios</b> 65 Alfred Road, London W2 5EU  <b>12pm-1:30pm</b> Transition to Adulthood	30 <b>Online Drop-In</b>  <b>10am - 11am</b> Your Voice Matters  Share your feedback and ideas on how to shape the future of young people's mental health hub services!



**Contact Us**

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**Email us**

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We continuously develop our offer for workshops and stay flexible in our delivery - so send us an email for any ideas or enquiries!