firstSTEPS
early intervention & community psychology service

NHS
Homerton University Hospital
NHS Foundation Trust

Understanding and Managing Emotions Workshop

1.30pm–3:30pm, Wednesday 9th October 2019, Hackney Ark, Downs Park Road, E8 2FP

What Is It?

If you are aged 12-18 and have struggled to cope with any type of difficult feelings, be this anxiety, anger, low mood, low self-esteem, or whichever feeling has led you to struggle, then this workshop is for you.

This workshop will:

- Look to develop an understanding of when and where your feelings occur, and also help you start to make sense of these experiences.
- Allow you to learn about a variety of practical strategies that have been shown to help young people cope with difficult emotions.

Who Is Running It?

First Steps is an NHS Psychology Service, for children and young people aged 0-18 and their families. We aim to help with difficulties relating to behaviour, emotions and relationships. This practical workshop is for young people only and is facilitated by First Steps Practitioners (two Clinical Psychologists and an Assistant Psychologist). Free pizza and refreshments will be provided on site.

Next Steps

Please call us on 0207 014 7135 to confirm your place or to find out more information and see if this intervention is right for you. Places are limited and will be allocated on a first-come first-served basis, so please call soon. We will look forward to hearing from you!