

We listen. We support. We act.
Because no child should feel alone.

The Children's Society

Online Activities

Four week programme Starting on 29th June 2020 via Microsoft Teams
You can access Microsoft Teams via the internet or download the app




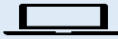

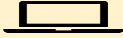



















FOR
AGES 8-12
and 13-19

To book your place, please contact Essexreferrals@childrecovery.org.uk or [07725639571](tel:07725639571) with: Full name and age, what session, date and time of session/s you would like to attend. We will email you our confidentiality agreement which you will need to read and agree to the terms of.

Maximum of 8 young people per group.

Note: By booking a place, you are giving your consent to share any interactions you use during the online session with other participants, eg. Video streaming and audio content.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<u>10 AM</u>	Mindfulness and Relaxation Mixed ages. 	Self-Care For You 13-19 	Staying Active for Life Mixed ages 	Staying Safe in a Virtual World 8-12 	Self-Care For You 8-12 
<u>12 PM</u>	Staying Safe in a Virtual World 13-19 	Friend or Foe 8-12 	One Community 13-19 	All About Me 8-12 	Strong Resilience 8-12 
<u>2 PM</u>	LOCKDOWN LIFE 8-12 	Boys talk 13-19 	All About Me 8-12 	LOCKDOWN LIFE 13-19 	One Community 13-19 
<u>3 PM</u>	Strong Resilience 8-12 	Girls talk 13-19 	Strong Resilience 13-19 	Let's Get Arty Mixed ages 	EVENTS. PLEASE ASK FOR INFORMATION ON OUR PLANNED EVENTS INCLUDING; -PROUD: PRIDE AFTER PARTY -BOOK CLUB -MOVIE AFTERNOON. -SELF CARE AFTERNOON.
<u>4 PM</u>	Creative Creations Mixed ages 	Let's Get Arty Mixed ages 	Fun things to do at home Mixed ages 	FUN QUIZ Mixed ages 	

All about me –
Looking at what makes you unique and celebrating your strengths and achievements.

LOCKDOWN LIFE –
Discussion group for young people to talk about their life during Covid-19 and current issues.

Girls talk/Girls talk –
Discussion group for young people to talk about current issues for them.

One Community –
Discussion group for LGBTQ+ community to talk about current issues they face.

Strong Resilience –
Building your resilience during difficult and challenging times.