

Summer 2020!

EWS are still accepting referrals

www.emotionalwellbeingservice.org.uk/referrals

The team at EWS have been busy developing new resources to support young people's wellbeing and substance misuse needs across Cardiff and the Vale of Glamorgan.

During the summer holidays, we are offering;

- Telephone, video call or email wellbeing support (ages 14+)
- Telephone, video call or email substance misuse support
- *NEW* 5 week online course **Bounce!** (ages 10-13, more info on next page)
- Information, advice and guidance on EWS website and social media
- 'What's the Score' training for Professionals (Substance Misuse risk tool)



/emotionalwellbeingservice



@ews_cgl



emotionalwellbeingservice.org.uk

Not sure whether to make a referral?

Want to book onto training?

Want to know more?

Questions?

Our website will always have the latest info on the support available. You can also give us a call (0800 008 6879) or send over an email (spoc@cgl.org.uk) and we will happily talk with you to find the best way to support your young person.



A new online course to teach young people skills to bounce back from the ups and downs of life

Week 1: How to...Take care of you

Discover three simple secrets to wellbeing success

Week 2: How to...Cope with all the Feels

Feeling all the feels, all the time, is overwhelming. This session will break the feels down and help you get control

Week 3: How to...Win the Worry War

Introducing a technique that will help you manage worries so that they don't interfere with your day to day life

Week 4: How to...Change it up

Learning how to recognise the helpful and unhelpful things we do and making a plan to boost or reduce these

Week 5: How to...Chill out

Strategies to keep the anger gremlin in check so it doesn't mess things up for us.

Who is it for?

Young people age 10-13, attending with a parent/carer

Where? Online course

When? Delivered 'live' at set times on a weekly basis

For more information: www.emotionalwellbeingservice.org.uk
0800 008 6879 | SPOC@cgl.org.uk

To book your place: Submit a referral using the website above.

What happens next? One of the EWS wellbeing workers will call to chat through what you are hoping to learn, and how you can get the most out of the course.