



CHUMS

Mental Health and
Emotional Wellbeing Service

Resiliency Workshop for Teenagers

The CHUMS Family Wellbeing Team is offering a one-off virtual workshop which will provide information about mental health and managing worries.

For teenagers 13+ years Teenage Workshop
(A separate resiliency workshop is available for parents with children aged 4-12 years)

If you have a teenager that is interested in attending this workshop, please contact us on the email address below and provide the young person's name. Parents can also attend this workshop if they feel it's necessary.

fwteam@chums.uk.com

Please also state that you are interested in the "Teenagers Resiliency Workshop".

Once we have received your email you will be sent a registration form to complete alongside dates the workshop will be delivered on.

PLEASE NOTE: YOU MUST BE REGISTERED TO A GP SURGERY IN CENTRAL BEDS, BEDFORD BOROUGH, LUTON, CAMBRIDGESHIRE OR PETERBOROUGH TO ATTEND THIS WORKSHOP

Spaces are limited so please contact us as soon as possible to avoid disappointment.