

service provided by



proud to be part of



BEAM DROP-INS ARE HELD:

Mondays & Tuesdays

9 Market Square, Wellington, Telford

Open: 12pm

Close: 7pm

Thursdays

Upstairs at Palmer's Café, Claremont Street, Shrewsbury SY1 1QG

Open: 2pm

Close: 7pm

Saturdays

9 Market Square, Wellington, Telford

Open: 11am

Close: 4pm

LUDLOW BEAM

Ludlow Youth Centre, Ludlow SY8 1RT

FIRST and THIRD Wednesday of each month

Open: 3.30pm

Close: 7pm

PLEASE NOTE: no sessions will be started during the last hour of our drop-ins.

This means we cannot accept anyone into the service after 6pm on weekdays or 3pm on Saturdays.

Ask us about...

BEAM MAILING LIST for regular updates about Beam.

GRAVITY—THE BEAM YOUTH PARTICIPATION GROUP gives young people the chance to be involved with shaping the Beam service.

AskBeam@childrenssociety.org.uk



WELLBEING WORKSHOP CALENDAR

JANUARY—MARCH 2020

Beam workshops offer children and young people the opportunity to access therapeutic group support relating to a range of common mental health and emotional wellbeing topics.

For a young person to attend a workshop they will need to be registered with Beam, and have attended one of our drop-in sessions beforehand.

Unless stated, there is no need to book. However, places are allocated on a first-come, first-served basis. Refer to workshop flyer for details.

Workshops will not run with less than 2 young people.

The Beam service works to empower children and young people in managing their emotional wellbeing, therefore it is important that the young person wants to attend a drop-in session or workshop.

JANUARY 2020

WK	Tuesday	Thursday	Saturday
2	7	9	11
			ARTS & CRAFTS ALL AGES 2-3pm
3	14	16	18
	POSITIVE ME – SELF ESTEEM (1) AGES 10+ WELLINGTON 4.30-5.30	POSITIVE ME – SELF ESTEEM (1) AGES 10+ PALMER'S, SHREWS. 4.30-5.30	ARTS & CRAFTS ALL AGES 2-3pm
4	21	23	25
	POSITIVE ME – SELF ESTEEM (2) AGES 10+ WELLINGTON 4.30-5.30	POSITIVE ME – SELF ESTEEM (2) AGES 10+ PALMER'S, SHREWS. 4.30-5.30	RELAXATION ALL AGES – PARENTS/CARERS WELCOME 3-3.30pm
5	28	30	1st Feb
	POSITIVE ME – SELF ESTEEM (3) AGES 10+ WELLINGTON 4.30-5.30	POSITIVE ME – SELF ESTEEM (3) AGES 10+ PALMER'S, SHREWS. 4.30-5.30	ARTS & CRAFTS ALL AGES 2-3pm

FEBRUARY 2020

WK	Tuesday	Thursday	Saturday
6	4	6	8
	POSITIVE ME – SELF ESTEEM (4) AGES 10+ WELLINGTON 4.30-5.30	POSITIVE ME – SELF ESTEEM (4) AGES 10+ PALMER'S, SHREWS. 4.30-5.30	ARTS & CRAFTS ALL AGES 2-3pm
7	11	13	15
	POSITIVE ME – SELF ESTEEM (5) AGES 10+ WELLINGTON 4.30-5.30	POSITIVE ME – SELF ESTEEM (5) AGES 10+ PALMER'S, SHREWS. 4.30-5.30	ARTS & CRAFTS ALL AGES 2-3pm
8	18	20	22
	HALF TERM	HALF TERM	ARTS & CRAFTS ALL AGES 2-3pm
9	25	27	29
			RELAXATION ALL AGES – PARENTS/CARERS WELCOME 3-3.30pm

MARCH 2020

WK	Tuesday	Thursday	Saturday
10	3	5	7
	SLEEPY HEADS – SLEEP WORKSHOP (1) AGES 8+ WELLINGTON 4.30-5.30	SLEEPY HEADS – SLEEP WORKSHOP (1) AGES 8+ PALMER'S, SHREWS. 4.30-5.30	ARTS & CRAFTS ALL AGES 2-3pm
11	10	12	14
	SLEEPY HEADS – SLEEP WORKSHOP (2) AGES 8+ WELLINGTON 4.30-5.30	SLEEPY HEADS – SLEEP WORKSHOP (2) AGES 8+ PALMER'S, SHREWS. 4.30-5.30	ARTS & CRAFTS ALL AGES 2-3pm
12	17	19	21
	SLEEPY HEADS – SLEEP WORKSHOP (3) AGES 8+ WELLINGTON 4.30-5.30	SLEEPY HEADS – SLEEP WORKSHOP (3) AGES 8+ PALMER'S, SHREWS. 4.30-5.30	ARTS & CRAFTS ALL AGES 2-3pm
13	24	26	28
	SLEEPY HEADS – SLEEP WORKSHOP (4) AGES 8+ WELLINGTON 4.30-5.30	SLEEPY HEADS – SLEEP WORKSHOP (4) AGES 8+ PALMER'S, SHREWS. 4.30-5.30	RELAXATION ALL AGES – PARENTS/CARERS WELCOME 3-3.30pm
14	31	2ND APRIL	4
	SLEEPY HEADS – SLEEP WORKSHOP (5) AGES 8+ WELLINGTON 4.30-5.30	SLEEPY HEADS – SLEEP WORKSHOP (5) AGES 8+ PALMER'S, SHREWS. 4.30-5.30	