

Emotions in Motion

A six-week online group focused on getting to know ourselves and others more. Learn more about emotions and have fun!

Wednesdays at 4.30 - 6pm

Meeting weekly starting Wednesday 21 April 2021

The group is for young people currently open to our Children and Young People's Mental Health Service (CAMHS) who have an allocated worker. The group will run on Microsoft Teams so you will need a smart device (e.g., phone, tablet or laptop) that is connected to the internet.

The group will focus on learning about how our minds, bodies and brains respond to emotions including stress, anxiety and feeling low. Six to eight young people will be in the group.

The group includes:

- Learning information about emotions
- Group discussions
- Craft activities

We hope that everyone who completes the group will have developed a better understanding of themselves and their feelings and leave the course feeling more confident in managing and experiencing different emotions.

How to book onto the group: Your CAMHS practitioner will contact you to see if you are interested. We will then send you a link to a questionnaire for you to complete to book onto the course.

The group will be facilitated by:



Cheri Fletcher



Andy Horan