

January 2021



## WHATS ON AT VISYON:



### CREATE AND CONNECT

**Mondays 4.45-5.45pm (on Zoom)**

**Age 11+**

Enjoy some time out to do something creative alongside other like-minded people. Whether you are crafty already or want to learn some new skills, this group is designed to help you relax, have fun and connect with others.



### FILM CLUB

**Tuesdays 5.00-6.00pm (on Zoom)**

**AGE 15+**

A relaxed group to chat about all things film! We vote on a film to watch each week and then get together on zoom to catch up and discuss the film.



### EXPLORING EMOTIONS

**Tuesdays 6-7.30pm (Group 1) (on Zoom) Age 15+**

**Wednesdays 6-7.30pm (Group 2) (On Zoom) Age 12+**

A chance to explore emotions in a creative way and to use art as a therapeutic tool. A small, supportive group provides a safe place to be yourself and find ways to cope when things are tough.



### PRACTICAL STRATEGIES WEBINARS

**Wednesdays 4.30-5.00pm (on Zoom)**

**Age 11+**

A series of webinars to explore topics such as Anger, Anxiety, School stress and Self Care and to learn practical tools to help manage overwhelming emotions.



### **PARENT/CARER WEBINARS**

Thursdays 10:30-11:30am (on zoom)  
For adults

A series of informative webinars on topics relevant to parents in supporting their children's mental health and wellbeing. The webinars are available as live sessions or recordings



### **OUR VISYON**

Thursdays 4.30-5.30pm (on Zoom)  
Age 14+

A group for people who are interested in mental health, campaigning, rights and having a voice on all things that matter to young people



### **UNDERSTANDING ANXIETY WORKSHOPS**

Thursdays 6-7pm (on Microsoft Teams)  
Age 15-18

A series of workshops (6 sessions weekly) to explore what anxiety is, how it affects people and to learn practical tools to help manage overwhelming emotions.

**To find out more or to book onto any of the sessions please phone Visyon on 01260 290000.**

**These sessions are free of charge and open to all in Cheshire East. If there is anything else you would like to see us offer we would love to hear from you!**