2020 SUMMER STAYCATION

FREE ACTIVITIES

–

Embrace your 5 Ways to Wellbeing

VISYON

Week commencing: 27/7/20

5 WAYS TO WELLBEING – No. 2: GIVE POSITIVITY

Sessions 8-11 years (11-12pm) and 12-15 years (2:30-3:30pm)

Giving a positive message using creative writing

- Create positive messages using words and letters from magazines and newspapers – Tuesday 28th July
- Paint positive messages on pebbles – Wednesday 29th July
- "Blackout Poetry" – finding poems in written texts by erasing words – Thursday 30th July

'Our Visyon' 14+

Tuesdays 1pm-2pm

Join our existing group and learn about mental health, how to share your knowledge and skills with others, effective campaign strategies and how to have a voice. Influence what mental health and other support looks like for children and young people

PARENTS OF 8-12 YEAR OLDS

Guided session on how to support your child returning to school

Thursday 30th July – 6pm

BE CURIOUS BE CREATIVE – 8-11 YRS

Nature Mandalas: creating patterns with nature

Thursday 30th July at 11-12:30pm or 3-4:30 pm

PARENT WEBINAR

Advice and support on managing your child's big emotions: anger and anxiety

Wednesday 29th July – 10-10:45am

PARENTS SUPPORT GROUP

Join our existing group on Wednesdays at 6:30-7:30pm for parental support over a virtual cup of tea. Learn and exchange ways of supporting your child experiencing mental health issues

VISYON CREATE – 11-15 YEARS

On Tuesdays at 4:30-5:30 pm

Join our existing group and enjoy creative activities to keep those feelings under control

FOR MORE DETAILS CHECK OUT OUR WEEKLY PROGRAMMES ON OUR WEBSITE, OR FOLLOW US ON FACEBOOK AND INSTAGRAM @VISYONLTD . TO BOOK A PLACE CONTACT VISYON TEL: 01260 290 000 OR EMAIL ADMINISTRATION@VISYON.ORG.UK & GET BOOKED ON TO ENJOY THE FUN!!