

Summer Workshops at Beam

Workshop	Dates in Wellington	Dates in Shrewsbury
5 Areas of Wellbeing	Tuesday 23 rd July	Thursday 25 th July
Communication	Tuesday 30 th July	Thursday 1 st July
Mindfulness and relaxation	Tuesday 6 th August	Thursday 8 th August
Sleep	Tuesday 13 th August	Thursday 15 th August
Hot Topics	Tuesday 20 th August	Thursday 22 nd August
Arts and Crafts	Tuesday 27 th August	Thursday 29 th August

**When? All workshops start at 3pm
Workshops are suitable for all ages**

Any Questions? asksbeam@childrenssociety.org.uk