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## BEAM DROP-INS ARE HELD:

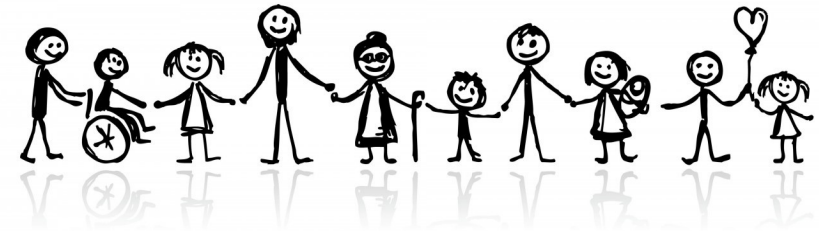
<b>Mondays &amp; Tuesdays</b>	<b>9 Market Square, Wellington, Telford TF1 1BP</b>	<b>Open: 12pm</b>	<b>Close: 7pm</b>
<b>Thursdays</b>	<b>Upstairs at Palmer's Café, Claremont Street, Shrewsbury SY1 1QG</b>	<b>Open: 2pm</b>	<b>Close: 7pm</b>
<b>Saturdays</b>	<b>9 Market Square, Wellington, Telford TF1 1BP</b>	<b>Open: 11am</b>	<b>Close: 4pm</b>
<b>BEAM IS NOW IN LUDLOW!</b>			
<b>Ludlow Youth Centre, Ludlow SY8 1RT</b>			
<b>FIRST and THIRD Wednesday of each month</b>		<b>Open: 3.30pm</b>	<b>Close: 7pm</b>

emotional wellbeing drop-in for children and young people under the age of 25, their parents and carers

## Ask us about...

**BEAM WORKSHOPS** therapeutic group support relating to a range of common mental health and emotional wellbeing topics such as anger and anxiety as well as expressing emotions using creative writing, arts & crafts and mindfulness. Ask for details of our current workshop calendar!

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



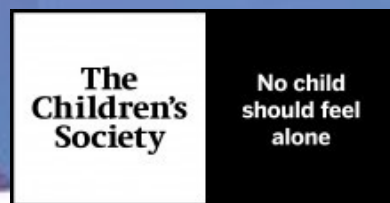
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[AskBeam@childrenssociety.org.uk](mailto:AskBeam@childrenssociety.org.uk)



You can come and see us when YOU want to!

## WHO CAN USE BEAM?

**Anyone** under the age of 25 can get support from Beam.

**Parent and carer support** can be given in conjunction with a young person.

**No referrals & no appointments:** those wishing to access the Beam service can just come along to a drop-in session.



Beam is run by **The Children's Society**, a national charity that works with the most vulnerable children and young people in Britain today. For more information about the history of our organisation, as well as details of our various projects, please visit our website:

<https://www.childrensociety.org.uk>

We are a *friendly team* made up of **Therapists, Youth Workers & Wellbeing Volunteers.**

We *listen &* know this can make all the difference.

Our aim is to give **advice, signposting and support** with any concerns relating to **feelings and emotional wellbeing.**



### WE WILL

Help you to understand your thoughts and feelings, give you practical support and suggestions as well as worksheets to take away if needed.

### WE WON'T

Diagnose, automatically make referrals or provide appointments.

It can be scary going somewhere for the first time: our drop-ins are set out to be as welcoming as possible. A team member will greet you and ask you to register before a practitioner will introduce themselves, and then take the time to listen before making suggestions.

[AskBeam@childrensociety.org.uk](mailto:AskBeam@childrensociety.org.uk)