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WEEKLY BEAM DROP-INS ARE HELD:

Mondays & Tuesdays	9 Market Square, Wellington, Telford	Open: 12pm Close: 7pm
Thursdays	Upstairs at Palmer's Café, Claremont Street, Shrewsbury SY1 1QG	Open: 2pm Close: 7pm
Saturdays	9 Market Square, Wellington, Telford	Open: 11am Close: 4pm

Beam Ludlow—the first and third Wednesday of each month

Ludlow Youth Centre, Ludlow SY8 1RT

Open: 3.30pm Close: 7pm

February 6th, 20th

March 6th, 20th

April 3rd, 17th

May 1st, 15th

June 5th, 19th

July 3rd, 17th

August 7th, 21st

September 4th, 18th

October 2nd, 16th

November 6th, 20th

December 4th, 18th

January— TBC

AskBeam@childrenssociety.org.uk

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WELLBEING WORKSHOP CALENDAR

MAY & JUNE 2019

Beam workshops offer children and young people the opportunity to access therapeutic group support relating to a range of common mental health and emotional wellbeing topics.

For a young person to attend a workshop they will need to be registered with Beam, and have attended one of our drop-in sessions beforehand.

Our workshops are held at our Wellington and Shrewsbury venues.

The Beam service works to empower children and young people in managing their emotional wellbeing, therefore it is important that the young person wants to attend a drop-in session or workshop.

AskBeam@childrenssociety.org.uk

MAY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 st	2 nd	3 rd	4 th
			Exam Stress Hub All applicable ages 4.30-5.30pm Beam (Palmer's)		Arts & Crafts All ages 2.00pm – 3.00pm Beam (Wellington)
6 th (May day bank hol)	7 th	8 th	9 th	10 th	11 th
	Why Worry? (Anxiety) Ages 5-11 4.30pm-5.15pm Beam (Wellington)		Exam Stress Hub All applicable ages 4.30-5.30pm Beam (Palmer's) Why Worry? (Anxiety) Ages 5-11 4.30pm-5.15pm Beam (Palmer's)		Arts & Crafts All ages 2.00pm – 3.00pm Beam (Wellington)
CLOSED					
13 th	14 th	15 th	16 th	17 th	18 th
Exam Stress Hub All applicable ages 4.30-5.30pm Beam (Wellington)	Why Worry? (Anxiety) Ages 5-11 4.30pm-5.15pm Beam (Wellington)		Exam Stress Hub All applicable ages 4.30-5.30pm Beam (Palmer's) Why Worry? (Anxiety) Ages 5-11 4.30pm-5.15pm Beam (Palmer's)		Arts & Crafts All ages 2.00pm – 3.00pm Beam (Wellington)
20 th	21 st	22 nd	23 rd	24 th	25 th
Exam Stress Hub All applicable ages 4.30-5.30pm Beam (Wellington)	Why Worry? (Anxiety) Ages 5-11 4.30pm-5.15pm Beam (Wellington)		Exam Stress Hub All applicable ages 4.30-5.30pm Beam (Palmer's) Why Worry? (Anxiety) Ages 5-11 4.30pm-5.15pm Beam (Palmer's)		Arts & Crafts All ages 2.00pm – 3.00pm Beam (Wellington)
27 th (Whit Bank Hol)	28 th	29 th	30 th	31 st	
CLOSED	HALF TERM	HALF TERM	HALF TERM	HALF TERM	

JUNE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 rd	4 th Youth Worker Led – aged 13+ <i>Full details TBC</i> 4.30pm-5.15pm Beam (Wellington)	5 th	6 th Exam Stress Hub All applicable ages 4.30-5.30pm Beam (Palmer's)	7 th	8 th Arts & Crafts All ages 2.00pm – 3.00pm Beam (Wellington)
10 th Exam Stress Hub All applicable ages 4.30-5.30pm Beam (Wellington)	11 th Youth Worker Led – aged 13+ <i>Full details TBC</i> 4.30pm-5.15pm Beam (Wellington)	12 th	13 th Exam Stress Hub All applicable ages 4.30-5.30pm Beam (Palmer's)	14 th	15 th Arts & Crafts All ages 2.00pm – 3.00pm Beam (Wellington)
17 th Exam Stress Hub All applicable ages 4.30-5.30pm Beam (Wellington)	18 th Youth Worker Led – aged 13+ <i>Full details TBC</i> 4.30pm-5.15pm Beam (Wellington)	19 th	20 th Exam Stress Hub All applicable ages 4.30-5.30pm Beam (Palmer's)	21 st	22 nd Arts & Crafts All ages 2.00pm – 3.00pm Beam (Wellington)
24 th Exam Stress Hub All applicable ages 4.30-5.30pm Beam (Wellington)	25 th Youth Worker Led – aged 13+ <i>Full details TBC</i> 4.30pm-5.15pm Beam (Wellington)	26 th	27 th Exam Stress Hub All applicable ages 4.30-5.30pm Beam (Palmer's)	28 th	29 th Arts & Crafts All ages 2.00pm – 3.00pm Beam (Wellington)
Exam Stress Hub All applicable ages 4.30-5.30pm Beam (Wellington)	Youth Worker Led – aged 13+ <i>Full details TBC</i> 4.30pm-5.15pm Beam (Wellington)		Exam Stress Hub All applicable ages 4.30-5.30pm Beam (Palmer's)		Arts & Crafts All ages 2.00pm – 3.00pm Beam (Wellington)