

Online Activities

6th – 29th January 2021 via Microsoft Teams

You can access Microsoft Teams via the internet or download the app



Note: By booking a place, you are giving your consent to share any interactions you use during the online session with other participants, eg. Video streaming and audio content. Participants are required to use their camera and use headphones during the cyp virtual session.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10 AM	Mindfulness and Relaxation Families 	Self-Care For You Mixed ages CYP 	Staying Active for Life Families 	Self-Care For You Parents 	Staying Active for Life Families
12 PM	Conflict resolution and managing anger 13-19 	Staying Safe in a Virtual World Mixed ages CYP 	Strong Resilience and emotional wellbeing 13-19 	Staying Safe in a Virtual World Parents 	One Community 13-19
2 PM	Coping through Covid Families 	Strong Resilience and emotional wellbeing 8-12 	Conflict resolution and managing anger 8-12 	Tips and guidance for managing home learning Mixed ages CYP 	EYPDAS Drug and Alcohol awareness session
4 PM	Family Scavenger Hunt Families 	Family Bingo Families 	Family Fun snack ideas Families 	FAMILY FUN QUIZ Families 	2pm – 3pm Ages 13-17 3pm to 4pm Ages 18 - 25

To book your place, please check out our website; www.childrenssociety.org.uk/east/services/safe-in-essex or contact Essexreferrals@childrenssociety.org.uk

Safe in Essex Advice Line 10am – 2pm: 07725 639571 (if unanswered, leave a message and someone will contact you)