

# An Introductory Workshop on Promoting Resilience In Young People: Protecting Against Low Mood and Low Self Esteem

**NEW  
WORKSHOP**

**Wednesday 20th May**  
**Wednesday 12th August**  
**Tuesday 20th October**  
**Monday 14th December 2015**  
**5.30pm-8.00pm**

**At the Community CAMHS Clinic**  
**7 Pyle Street, Newport, PO30 1JW**  
**Tea and Coffee will be provided**

**This workshop is open to any professional working with  
children and young people (0-18 years)**

**If you would like to attend one of the dates above please  
contact us on: [ccamhs@iow.nhs.uk](mailto:ccamhs@iow.nhs.uk)**

**Places are limited and will be given on a first come first  
served basis. If you book a place and are then unable to  
attend please contact us as soon as possible or send  
someone else in your place.**



Isle of Wight NHS Trust

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