

Date / Time	Workshops	Link
Wednesday 18/01/23 9am	Sleep Support	<p>Microsoft Teams meeting</p> <p>Join on your computer, mobile app or room device</p> <p>Click here to join the meeting</p> <p>Meeting ID: 394 159 833 28 Passcode: M5xLty Download Teams Join on the web Learn More Meeting options</p>
Monday 23/01/23 5pm	Supporting Children & Young People with Anxiety	<p>Microsoft Teams meeting</p> <p>Join on your computer, mobile app or room device</p> <p>Click here to join the meeting</p> <p>Meeting ID: 388 094 657 346 Passcode: HfMH5w Download Teams Join on the web Learn More Meeting options</p>
Wednesday 01/02/23 1pm	Understanding & responding to Self-Harm	<p>Microsoft Teams meeting</p> <p>Join on your computer, mobile app or room device</p> <p>Click here to join the meeting</p> <p>Meeting ID: 393 316 915 63 Passcode: uyw8NH Download Teams Join on the web Learn More Meeting options</p>

<p>Wednesday 08/02/23 2pm</p>	<p>Wellbeing Planning</p>	<p>Microsoft Teams meeting Join on your computer, mobile app or room device Click here to join the meeting Meeting ID: 319 622 846 575 Passcode: TZacjt Download Teams Join on the web Learn More Meeting options</p>
<p>Wednesday 15/02/23 11am</p>	<p>Sleep Support</p>	<p>Microsoft Teams meeting Join on your computer, mobile app or room device Click here to join the meeting Meeting ID: 386 217 310 594 Passcode: 7Ezoto Download Teams Join on the web Learn More Meeting options</p>
<p>Wednesday 22/02/23 9am</p>	<p>Supporting Children & Young People with Anxiety</p>	<p>Microsoft Teams meeting Join on your computer, mobile app or room device Click here to join the meeting Meeting ID: 313 589 969 716 Passcode: REG5D7 Download Teams Join on the web Learn More Meeting options</p>