

## St Colman's – Supporting You - as Always

**FamilyWorks** can offer pupils a continuation of their counselling through online or telephone meetings.

FamilyWorks is also available to pupils new to counselling and support.

Should you wish to avail of these please e-mail [info@stcolmans](mailto:info@stcolmans) ... and your counsellor will contact you shortly thereafter.

Additional resources for parents and young people can be found here: -

<https://www.ascert.biz/>

<https://www.parentingni.org/>

The following programmes may be useful to students over 18s or parents: -

### **Living Life to the Full (18+)**

The six-session programme uses Cognitive Behavioural Therapy (CBT) concepts to help you manage your feelings when you are stressed, worried, or depressed. It teaches you simple, practical skills to help you cope with life's challenges. The session will be delivered in short video sessions on YouTube.

### **Mindfulness (18+)**

These sessions will last one hour and will consist of meditation practices, some teaching about mindfulness and how mindfulness can be helpful in reducing stress and anxiety.

For more information on both these programmes go to:

<https://www.aware-ni.org/booking-living-life-to-the-full/>

This newsletter from **Children and Young People's Strategic Partnership** contains a lot of useful information that can be useful under lockdown.

<http://www.cypsp.hscni.net/download/documents/COVID-19-Weekly-Family-Support-Newsletter.pdf>