

Williamwood High School Support Groups

Anxiety Management

- Separate group for each year group.
- Uses cognitive behaviour therapy (CBT) to help develop strategies to manage stress/anxiety.
- Non-therapeutic- you will not be asked to share your experiences.
- You will be encouraged to think about your current actions and aim to make changes to how you act.

Growth Mindset

- What is growth mindset? It's when we believe our talents can be developed through effort, using healthy strategies and considering input from others.
- What is the purpose of this group? Supporting young people with a growth mindset to believe that growth is limitless and they challenge themselves daily to use obstacles as a stepping stone for further progress.
- What's involved? This group will meet for one period every week and run for six weeks. A variety of resources will help young people explore growth mindset themes through ice breakers, group work and other creative and dynamic ways including, art, music and film.

Connect



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- A friendly, welcoming group to support young people with social interactions and behaviours and emotional wellbeing. The group focuses on developing self-awareness and resilience by adopting a range of approaches based on nurturing principles.
 - It's a safe space for young people to discuss their concerns with trusted adults and build positive attitudes and relationships.
 - Will use interventions including CBT and play/art therapy / repetitive practices

ASC

- ASC

The group is a safe, welcoming space for young people with ASC to discuss their experiences and explore issues with a view to fostering positive social interactions, emotional wellbeing, confidence and friendships.

- A community worker leads the group and ensures that the approach responds directly to the needs of those participating.

Let's Introduce Anxiety Management (LIAM)

- An 8-10 week programme which aims to allow young people to develop anxiety management strategies.
- You will consider current behaviour and aim to find more successful ways of coping.
- Will be delivered one-to-one with PTPS.

Group Sessions

- Anxiety Management
- Growth Mindset
- Connect
- ASC Group

All group sessions will take place in the hub which is located in pupil support, towards the music corridor.

Individual support

- LIAM (Lets Introduce Anxiety Management)

These sessions will take place in a private place with your pupil support teacher. These sessions are extremely limited as pupil support teacher can only take one person at a time.

Who will take the support sessions

- All sessions will be taken by someone from the pupil support team and one other member of staff.
- They will happen once a week over a 6 week period (longer for LIAM).
- An evaluation will be taken at the end of your block to see if you found it beneficial.
- All information is confidential

How to sign up

- Complete the Microsoft Form from the link below, or by using the QR code:



<https://forms.office.com/Pages/ResponsePage.aspx?id=oyzTzM4Wj0KVQTctawUZKayf8QisLSFHnHNJzl-gCRhUREhFWEs3OvAxOEVB1R1VUJE0UM2SVJNSS4u>

- Parents will also be able to sign you up by emailing the school:
schoolmail@williamwood.e-renfrew.sch.uk

Please make sure you and discussed this with your child and your child has agreed to partake in a group.