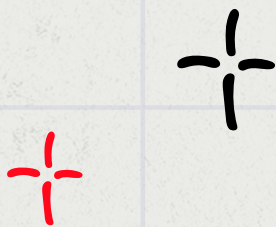


EWP SUPPORT FROM THE CROYDON SCHOOLS TEAM

Emotional Wellbeing Practitioners (EWPs) are part of Off The Record's Croydon Schools Team. We are able to offer parent-led support for parents whose children may be experiencing common behaviour difficulties or worries and fears.



Support we can offer:

1:1 support with parents/carers to support your child with common behaviour difficulties and fears and worries.

Group support with children, covering topics such as: friendship, anxiety, emotional regulation and transitions.

Parent/carer coffee mornings and workshops.

Whole school and class assemblies.

About Off The Record:

Off the Record are a charity that provides free emotional support and counselling services for young people in Croydon, Merton and Sutton.

For more information about Off the Record and our range of services please visit our website:



www.talkofftherecord.com

TALK TO US



EWP SUPPORT

What are Education Wellbeing Practitioners (EWPs)?

An EWP (Emotional Wellbeing Practitioner) works with young people who may be struggling with their feelings, worries, behaviour and wellbeing. We work in schools to help pupils develop skills and strategies that can make everyday life feel more manageable.



Is it counselling?

EWP support is slightly different from counselling. Counselling is often about having space to explore your feelings and experiences, while EWP support provides you/ the young person with tools and strategies to help you manage emotional challenges you may be experiencing.

Support for Low Mood

- If you've or a young person has been feeling down, withdrawn, unmotivated or not enjoying things the way they used to, we can help them to understand what is going on and provide strategies to improve their mood and wellbeing.
- For young people aged 11-18
- 8 sessions with a practitioner in school



Support for Anxiety

- If worries or fears are affecting you or a young person's daily life, we can help them to understand anxiety and develop useful skills to feel more confident and manage feelings of anxiety more effectively.
- For young people aged 11-18.
- 8 sessions x with practitioner in school (60 mins)

TALK TO US

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