

## The BIG Family Event Being Well, Doing Well

### WORKSHOP 3 INFO - Emotions and the Brain

Facilitated by Aimee McDonald, SCCR  
Emotional Health and Wellbeing Lead

#### About Aimee

Aimee joined the SCCR team in July 2024 as the Emotional Health and Wellbeing Lead and delivers workshops and events aimed at improving children, young people, and their family's understanding of emotional health and wellbeing, the teenage brain, and strategies they can use to help regulate emotions and build resilience.

She also contributes to the SCCR website and psychoeducational resources. Aimee studied Psychology at the University of Dundee and studied her masters in Applied Psychology (Healthcare) for children and young people at the University of Edinburgh. Since 2015, she has worked with children, young people and vulnerable adults across a variety of settings including NHS CAMHS and the charity sector.



#### What is the workshop about?

Come along to this workshop to explore the teenage brain and coping strategies for when family times can get a bit tough. Together we'll myth-bust and fact-check what actually goes on inside the teenage brain and how that can impact on a young person's emotional development and their relationships. You'll also get the chance to learn about the science behind different emotions and some coping skills to try out at home.

#### What will my family and/or I take away from attending this workshop?

The activities and skills learned during the workshop will provide young people and families with a greater understanding of teenage brain development and the impacts it can have on emotional health and wellbeing. The discussions and activities on coping strategies will also help young people and families learn more about ways they might cope with strong emotions.

#### How does my family and/or I join this workshop?

A choice of four workshops will run in the morning and again in the afternoon. You and/or your family will have the chance to attend two workshops; one workshop in the morning and one in the afternoon. Once you've booked your space to attend The Big Family Event, we'll be in touch a couple of weeks before the event to ask you to choose your preferred workshops. We'll try our best to allocate spaces where everyone gets their first and second pick.

**There will also be different activities and areas to explore during the day such as; Quiet Zone, Games/Play Zone, Chill Area and Creative Corner.**

**Book your space for The BIG Family Event or email [sccr@cyrenians.scot](mailto:sccr@cyrenians.scot) to find out more!**