

Mental Health Webinars

For Parents/Carers

Introduction to Our Service	23 rd September 2026	6 - 6:30pm
Managing Worries and Anxieties	15 th October 2026	6 - 6:30pm
Managing Stress	23 rd November 2026	6 - 6:30pm
Children's Mental Health Week (theme TBA)	28 th January 2027	6 - 6:30pm
Managing Difficult Behaviours	23 rd February 2027	6 - 6:30pm
Exam Stress	24 th March 2027	6 - 6:30pm
Supporting Your Child to Talk About Their Feelings	26 th April 2027	6 - 6:30pm
Five Ways to Wellbeing	25 th May 2027	6 - 6:30pm
School Transitions	24 th June 2027	6 - 6:30pm
Anxious Returners	10 th August 2027	12-12:30pm
Anxious Returners (repeat)	26 th August 2027	6 - 6:30pm

Join the webinars here by scanning the QR code or clicking the link below:

[Click here to join the meeting now](#)

Meeting ID: 380 800 268 987 181



Please note: For privacy and safeguarding reasons (in line with GDPR), we ask that parents/carers join as guests, keep microphones and cameras off, and do not use the chat function during the session.

