



Save the dates

Parent webinars



September

Thursday 19th 6pm
**Supporting your
child's mental
health**

October

Thursday 17th 6pm
Exam Stress

November

Thursday 21st 6pm
My anxious Child

December

Thursday 19th 6pm
Food and Mood

January

Thursday 23th 6pm
**Understanding
Low mood**

February

Thursday 20th 6pm
**Children's mental
health in the
digital age**

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Save the dates

Parent webinars



March

Thursday 20th 6pm
**Helping your child
with exam stress**

April

Thursday 17th 6pm
Food and Mood

May

Thursday 15th 6pm
**Supporting your
child's mental
health**

June

Thursday 19th 6pm
**Understanding
Anxiety**

July

Thursday 17th 6pm
**Understanding
Low mood**

August

Thursday 21st 6pm
**Children's mental
health in the
digital age**

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