

Upcoming Events For Parents & Carers Autumn Term 2023 Supporting your teenager's mental health webinars

**26TH
OR 28TH
SEPT**

Mental Health During The Teenage Years -
An Introduction And Overview
For all secondary & college parents/ carers

Getting Into School - Common Challenges &
Supporting School Avoidance
For all secondary & college parents/ carers

**12TH
OR 18TH
OCT**

**16TH
OR 17TH
NOV**

"I Wish I Looked Like Them" - Helping Teens
Navigate Body Image Issues
For all secondary & college parents/ carers

Understanding and Supporting Teen Sleep
& Self-Care
For all secondary & college parents/ carers

**4TH
OR 7TH
DEC**

We also provide free 1:1 early support programmes for young people to support with their anxiety or low mood. Speak to your school to find out more

[Click here](#)

To view further event details and descriptions, and to book on to any of the webinars, please scan the QR Code or follow the link to our Eventbrite collection.



Upcoming Events For Parents & Carers Spring/Summer Term 2024 Supporting your teenager's mental health webinars

**15TH
OR 24TH
JAN**

Understanding & Supporting Your Teen
With Autism Spectrum Condition
For all secondary & college parents/ carers

Social Media & Gaming- What Parents Need
To Know
For all secondary & college parents/ carers

**6TH
OR 7TH
FEB**

**26TH
OR 27TH
FEB**

Managing Exam & Assignment Stress
For parents/ carers of Young People in Years 11-13
& college

Parenting Teenagers With Characteristics
of ADHD
For all secondary & college parents/ carers

**11TH
OR 13TH
MAR**

**24TH
OR 25TH
APRIL**

Managing Exam & Assignment Stress
For parents/ carers of Young People in Years 7-10

Supporting Your Teenager With Emotional
Difficulties & Self Harm
For all secondary & college parents/ carers

**14TH
OR 16TH
MAY**

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