



Thursday March 14th Parent Webinar 6pm - 7pm

Exam Stress Workshop

We would like to invite parents/carers of young people to a workshop which explores how you can support your child's exam stress-

The Webinar explores :

- To understand the body's natural reactions to worry and stress
- To discuss helpful ways of supporting your child in managing exam stress
- Normalising worry



Parents are welcome to ask questions or share any tips or strategies that they find beneficial in supporting their child.



Meeting ID: 334 000 858 786
Passcode: kgpv5N