



Thursday March 20th 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:396 171 464 736
Passcode: 774WkV