



Save the dates

Parent webinars

March

Thursday 14th 6pm
**Helping your child
with exam stress**

April

Thursday 18th 6pm
Food and Mood

May

Thursday 9th 6pm
**Supporting your
child's mental
health**

June

Thursday 13th 6pm
**Understanding
Anxiety**

July

Thursday 11th 6pm
**Understanding
Low mood**

August

Thursday 8th 6pm
**Children's mental
health in the
digital age**