

Forthcoming Webinars

Topic: Helping children with anxiety

For parents/carers of primary and secondary aged children:

Primary Date: Sat, 07 Oct @ 10am

Secondary Date: Tue, 03 Oct @ 4.30pm

Topic: Understanding Anxious Thoughts & Worry

For young people of **secondary school age**

Date: Wed, 18th Oct @ 1pm

Topic: Emotionally Based School Avoidance (EBSA)

For all **parents/carers**

Date: Sat 21st Oct @ 10am

Topic: Understanding & Managing Anxiety

For young people of **secondary school age**

Date: Thur, 26 Oct @ 1pm

You can book by clicking on the topic of the webinar
– this will show other dates available too!

October 2023

SU	MO	TU	WE	TH	FR	SA
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	31	31	1	2	3	4

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the topic and date you wish to attend.

Forthcoming Webinars

Topic: Helping Children with Anxiety

For **parents/carers** of Primary and Secondary aged children:

Secondary age date: Wed, 1st Nov @ 1pm

Primary age date: Wed, 8th Nov @ 4.30pm

Topic: Understanding & Managing Anxiety

For young people of **secondary school age**

Date: Thur, 16th Nov @ 4.30pm

Topic: Helping Children with Sleep

For **parents/carers** of Primary aged children

Date: Thur, 23 Nov @ 1pm

Topic: Tackling Low Mood & Depression

For young people of **secondary school age**

Date: Tues, 28th Nov @ 4.30pm

Topic: Healthy Study Habits

For young people **Year Groups 10-13**

Date: Wed, 29th Nov @ 4.30pm

You can book by clicking on the topic of the webinar
– this will show other dates available too!

November 2023

SU	MO	TU	WE	TH	FR	SA
29	31	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2

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Forthcoming Webinars

Topic: Helping Children with Anxiety

For **parents/carers** of Primary and Secondary aged children

Secondary age date: Sat, 2nd Dec @ 10am

Primary age date: Thur, 7th Dec @ 1pm

Topic: Emotionally Based School Avoidance (EBSA)

For all **parents/carers**

Date: Tue, 12 Dec @ 1pm

Topic: Understanding Anxious Thoughts & Worry

For young people of **secondary school age**

Date: Thur, 14 Dec @ 4.30pm

You can book by clicking on the topic of the webinar
– this will show other dates available too!

December 2023

SU	MO	TU	WE	TH	FR	SA
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

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