



# APRIL 2024

**Topic:** Developing healthy study habits  
**For young people of secondary school age Yrs 10-13**  
**Date:** Thur, 4th April @ 1pm

**Topic:** Understanding & Managing Anxiety  
**For young people of secondary school age**  
**Date:** Mon, 8th April @ 1pm

**Topic:** Help your child with sleep  
**For parents/carers of primary aged children**  
**Date:** Wed, 10th April @ 1pm

**Topic:** Helping children with anxiety  
**For parents/carers of primary and secondary aged children:**  
Primary Date: Mon, 15th April @ 4pm  
Secondary Date: Wed, 24th April @ 4pm

**Topic:** Emotionally Based School Avoidance (EBSA)  
**For all parents/carers**  
**Date:** Sat, 20th April @ 10am

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

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
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 Click [here](#) to visit our Eventbrite page and choose the topic and date you wish to attend.

# MAY 2024



S	M	T	W	T	F	S
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5	6	7	8	9	10	11
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**Topic: Dealing with Exam Stress**

**For young people of secondary school age Yrs 10-13**

**Date:** Wed, 1st May at 4.30pm

**Topic: Emotionally Based School Avoidance (EBSA)**

**For all parents/carers**

**Date:** Thur, 2nd May @ 10am

**Topic: Helping children with anxiety**

**For parents/carers of primary and secondary aged children:**

**Primary Date:** Wed, 8th May @ 1pm

**Secondary Date:** Sat, 18th May @ 10am

**Topic: Changing from Primary to Secondary School**

**For parents/carers**

**Date:** Thurs, 9th May @ 1pm

**Topic: Understanding & Managing Anxiety**

**For young people of secondary school age**

**Date:** Thur, 16th May @ 4.30pm

**Topic: Tackling low mood and depression**

**For young people of secondary school age**

**Date:** Mon, 20th May @ 4.30pm





# JUNE 2024

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**Topic: Understanding & Managing Anxious Thoughts**  
**For young people of secondary school age**  
**Date: Sat, 1st June @ 10 am**

**Topic: Helping children with anxiety**  
**For parents/carers of secondary aged children:**  
**Date: Thur, 6th June @ 1pm**

**Topic: Emotionally Based School Avoidance (EBSA)**  
**For all parents/carers**  
**Date: Wed, 19th June @ 4pm**

**Topic: Changing from Primary to Secondary School**  
**For parents/carers**  
**Date: Thur, 27th June @ 4pm**

**Topic: Help your child with sleep**  
**For parents/carers of primary aged children**  
**Date: Sat, 29th June @ 10am**

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

# JULY 2024



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21	22	23	24	25	26	27
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Click [here](#) to visit our Eventbrite page and choose the topic and date you wish to attend.

**Topic:** Understanding & Managing Anxiety

**For young people of secondary school age**

**Date:** Thur, 4th July @ 4.30pm

**Topic:** Helping children with anxiety

**For parents/carers of primary and secondary aged children:**

**Primary Date:** Sat, 6th July @ 10am

**Secondary Date:** Wed, 10th July @ 10am

**Topic:** Help your child with sleep

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

**Date:** Mon, 15th July @ 10am

**Topic:** Changing from Primary to Secondary School

**For parents/carers**

**Date:** Sat, 20th July @ 10am

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





# AUGUST 2024

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Our August webinar dates are not available yet.

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

Why not sign up for one of our events it's FREE and easy!  
Click [here](#) to visit our Eventbrite page and choose the topic and date you wish to attend.

# SEPTEMBER 2024



S	M	T	W	T	F	S
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Our September webinar dates are not available yet.

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





# OCTOBER 2024

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Our October webinar dates are not available yet.

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

# NOVEMBER 2024



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3	4	5	6	7	8	9
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Our November webinar dates are not available yet.

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# DECEMBER 2024

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Our December webinar dates are not available yet.

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Click [here](#) to visit our Eventbrite page and choose the topic and date you wish to attend.