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

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

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

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Topic:\_Helping children with anxiety For parents/carers of primary and secondary aged children: <u>Primary Date:</u> Mon, 15th April @ 4pm <u>Secondary Date:</u> Wed, 24th April @ 4pm

Topic: <u>Emotionally Based School Avoidance (EBSA)</u> 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!

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Why not sign up for one of our events it's FREE and easy! Click <u>here</u> to visit our Eventbrite page and choose the topic and date you wish to attend.



# **APRIL 2024**

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Why not sign up for one of our events it's FREE and easy! Click <u>here</u> to visit our Eventbrite page and choose the topic and date you wish to attend. Topic: <u>Dealing with Exam Stress</u> For young people of secondary school age Yrs 10-13 Date: Wed, 1st May at 4.30pm

Topic: <u>Emotionally Based School Avoidance (EBSA)</u> For all parents/carers Date: Thur, 2nd May @ 10am

Topic:\_Helping children with anxiety For parents/carers of primary and secondary aged children: <u>Primary Date:</u> Wed, 8th May @ 1pm <u>Secondary Date:</u> Sat, 18th May @ 10am

Topic: <u>Changing from Primary to Secondary School</u> For parents/carers Date: Thurs, 9th May @ 1pm

Topic: <u>Understanding & Managing Anxiety</u> For young people of secondary school age Date: Thur, 16th May @ 4.30pm

Topic: <u>Tackling low mood and depression</u> For young people of secondary school age Date: Mon, 20th May @ 4.30pm Topic: <u>Understanding & Managing Anxious Thoughts</u> 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

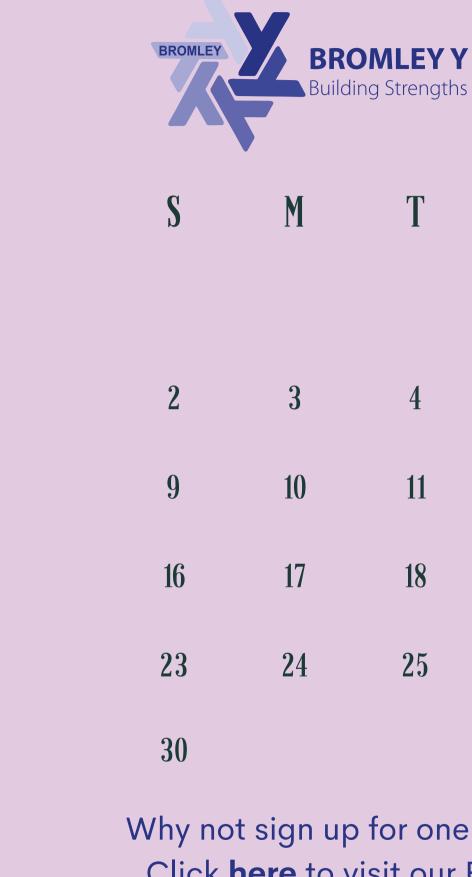
Topic: <u>Emotionally Based School Avoidance (EBSA</u>) For all parents/carers Date: Wed, 19th June @ 4pm

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

Topic: <u>Help your child with sleep</u> 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!



#### **JUNE 2024**

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Why not sign up for one of our events it's FREE and easy! Click <u>here</u> to visit our Eventbrite page and choose the topic and date you wish to attend.





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Why not sign up for one of our events it's FREE and easy! Click <u>here</u> to visit our Eventbrite page and choose the topic and date you wish to attend. Topic: <u>Understanding & Managing Anxiety</u> 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: <u>Primary Date:</u> Sat, 6th July @ 10am <u>Secondary Date:</u> Wed, 10th July @ 10am

Topic: <u>Help your child with sleep</u> For parents/carers of primary aged children Date: Mon, 15th July @ 10am

Topic: <u>Changing from Primary to Secondary School</u> 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!

# 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!

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Why not sign up for one of our events it's FREE and easy! Click <u>here</u> to visit our Eventbrite page and choose the topic and date you wish to attend.



## **AUGUST 2024**

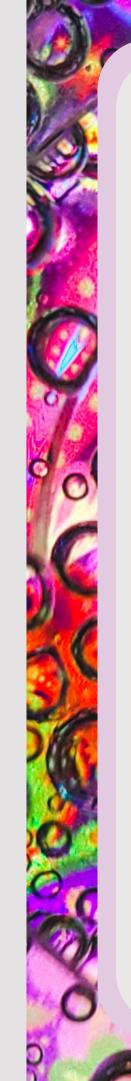
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#### **SEPTEMBER 2024**



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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.



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!

#### Our October webinar dates are not available yet.

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

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Why not sign up for one of our events it's FREE and easy! Click <u>here</u> to visit our Eventbrite page and choose the topic and date you wish to attend.



# **OCTOBER 2024**

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## NOVEMBER 2024



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Why not sign up for one of our events it's FREE and easy! Click <u>here</u> to visit our Eventbrite page and choose the topic and date you wish to attend.



#### Our November webinar dates are not available yet.

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

#### Our December webinar dates are not available yet.

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

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Why not sign up for one of our events it's FREE and easy! Click <u>here</u> to visit our Eventbrite page and choose the topic and date you wish to attend.



# **DECEMBER 2024**

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