



We run free

Wellbeing Webinars

every month!

Facilitated
by Bromley Y
practitioners



Don't like being on screen? No problem! We ask everyone to keep cameras and mics off throughout - you can interact via the chat.

For young people

Managing anxiety
Low mood, motivation & depression
Anxious thoughts & worries
Academic stress & healthy study habits

For parents

Helping your child with anxiety
(primary & secondary versions available)
Supporting transition to secondary school
Emotionally based school avoidance

We also have a range of pre-recorded content on our YouTube channel!

Visit our [Eventbrite page](#) to see
available dates and book your place.



SCAN ME



Wellbeing Webinars

For Young People

Managing Anxiety

Tues 17th Jan @ 4:30pm
Tues 21st Feb @ 4:30pm
Thurs 30th Mar @ 4:30pm
Tues 25th Apr @ 4:30pm

Anxious Thoughts & Worries

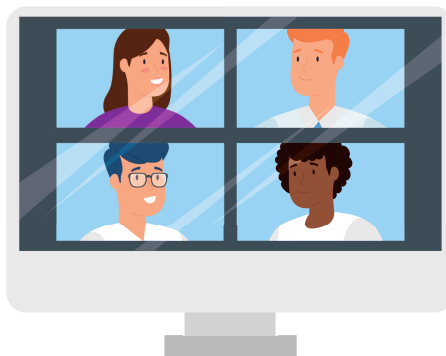
Thurs 9th Feb @ 4:30pm
Wed 22nd Mar @ 4:30pm

Tackling Low Mood & Depression

Wed 1st Feb @ 4:30pm
Thurs 9th Mar @ 4:30pm
Thurs 27th Apr @ 4:30pm

Developing Healthy Study Habits

Thurs 26th Jan @ 4:30pm
Wed 15th Feb @ 2pm
Tues 14th Mar @ 4:30pm
Thurs 6th Apr @ 11am



Dealing with Exam Stress

Wed 19th Apr @ 4:30pm
Tues 9th May @ 4:30pm

All young people webinars run at 4.30pm for 1 hour

For Parents & Carers

Emotionally Based School Avoidance

Sat 21st Jan @ 10:00am
Weds 1st Mar @ 1pm
Tues 18th Apr @ 10:00am

Helping Your Child With Anxiety (Primary)

Tues 7th Feb @ 1pm
Wed 8th Mar @ 10am
Sat 22nd Apr @ 10am

Helping Your Child With Anxiety (Secondary)

Thurs 16th Feb @ 1pm
Sat 18th March @ 10am
Thurs 13th Apr @ 1pm

To help participants feel comfortable, we ask cameras and mics to be turned off throughout, with optional interaction via the chat function.

Book your place on the [Bromley Y Eventbrite Page](#).

