



**BROMLEY Y**  
Building Strengths

## Webinars for Young People (ages 11-18)

A series of free, one-off sessions for students of secondary school age to understand more about their mental health and how they can help themselves feel better

### Understanding Anxiety

Understand more about what causes and keeps anxiety going

Learn about coping skills which can help you reduce your anxiety



### Understanding Worry

Find out about strategies to help you explore and manage your worries

Understand more about the different types of worries



### Understanding Low Mood

Learn more about local services and what you can be doing to improve your mood

Consider ways to build confidence at this challenging and uncertain time

**Each webinar lasts for 1 hour and is delivered online via Microsoft Teams, facilitated by Bromley Y practitioners.**



#### Anxiety Webinars

Weds 11th Aug @ 16.30  
Weds 15th Sept @ 16.30  
Weds 13th Oct @ 16.30  
Weds 17th Nov @ 16.30  
Weds 15th Dec @ 16.30

#### Worry Webinars

Thurs 19th Aug @ 16.30  
Tues 21st Sept @ 16.30  
Thurs 21st Oct @ 16.30  
Tues 23rd Nov @ 16.30  
Thurs 16th Dec @ 16.30

#### Low Mood Webinars

Tues 24th Aug @ 16.30  
Thurs 30th Sept @ 16.30  
Tues 26th Oct @ 16.30  
Thurs 25th Nov @ 16.30  
Tues 14th Dec @ 16.30

**Places can be booked on the Bromley Y Eventbrite Page.**

Once you have booked a ticket, you will receive an email with details on how to join the webinar. To assist smooth running of the session, you will be asked to kindly turn off your camera and microphone. Participation via the chat function is optional.

Spaces are limited, so if you become unable to attend, please cancel your ticket order on Eventbrite so the space can be released to another young person.

[www.eventbrite.co.uk/o/bromley-y-31612643251](http://www.eventbrite.co.uk/o/bromley-y-31612643251)

Click [here](#) to book now



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