

Education Wellbeing Service

Upcoming Events For Secondary Parents Autumn Term 2024 Supporting your teenager's mental health webinars

**17TH OR
19TH
SEPT**

Mental Health During The Teenage Years:
An Introduction And Overview

**24TH
OR 26TH
SEPT**

Getting Into School - Common Challenges &
Supporting School Avoidance

**14TH
OR 18TH
OCT**

"I Wish I Looked Like Them"
Helping Teens Navigate Body Image Issues

**5TH
OR 6TH
NOV**

Understanding and Supporting Teen Sleep
& Self-Care

**11TH
NOV**

Parenting A Teenager With Autism

We also provide free 1:1 early support programmes for young people to support with their anxiety or low mood. Speak to your school to find out more

To view further event details and descriptions, and to book on to any of the webinars, please scan the QR Code or follow the link to our Eventbrite collection.

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Education Wellbeing Service

**Upcoming Events For Secondary Parents
Spring/Summer Term 2025**
Supporting your teenager's mental health webinars

**4TH
OR 6TH
FEB**

Social Media & Gaming:
What Parents Need To Know

**24TH
FEB**

Managing Exam & Assignment Stress
For Parents Of Young People In Years 11-13

**26TH
OR 27TH
MAR**

Exam And Assignment Stress Management
For Parents Of Young People In Years 7-10

**24TH
OR 30TH
APR**

Parenting Teenagers:
Conflict And Communication

**7TH
OR 9TH
MAY**

Supporting Your Teenager With Emotional
Difficulties And Self-Harm

We also provide free 1:1 early help support programmes for young people to support with anxiety or low mood. Speak to your school to find out more

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