

Education Wellbeing Service



Upcoming Events For Secondary Parents 2022/23 Supporting your teenager's mental health webinars

**22ND,
26TH OR
27TH
SEPT**

Mental Health during the teenage years -
an introduction and overview
For year 7 & year 8 parents

**9TH,
10TH OR
15TH
NOV**

Supporting your teen through emotional
storms - emotion regulation skills and
strategies
For all secondary school parents

**26TH,
30TH OR
1ST
JAN/FEB**

Understanding and supporting anxiety
during the teenage years
For all secondary parents

**13TH,
16TH OR
17TH
MAR**

Supporting and managing exam and
assignment stress: top tips and ideas for
parents
For all secondary parents - year 11 and 13 focus

**4TH,
9TH OR
11TH
MAY**

Understanding and supporting teen sleep:
an overview of the research and
recommendations
For all secondary parents

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

Scan QR code with your phone's camera to sign up for free via eventbrite or
search:

www.eventbrite.com/cc/secondary-parents-nhs-wellbeing-workshops-725989

