

# Parent webinars:

click the buttons below to register for your chosen session

Managing Anxiety: Practical Ways  
to support your young person

Sept 30th  
7:30-8:30pm

Social Media and young  
people's Mental Health

Nov 20th  
7:30-8:30pm

Talking to your  
Teen

TBC

Supporting young people  
who are self-harming

TBC