

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

Feb 12th
7:30-8:30 pm

Supporting young people
who are self-harming

Apr 21st
7:30-8:30 pm