

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
7:30-8:30p,

Supporting young people
who are self-harming

TBC