

# 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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