

Parent/Carer Webinars

Secondary Schedule 26/27

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. [Click here](#)



Mental Health during the teenage years

Understanding and supporting teen sleep

Supporting your teen to cope with exams (Years 11-13)

Screen time, social media and gaming - what parents need to know

Conflict, communication and compromise - the teen years

Healthy habits in teenagers with Autism

Managing exam and assignment stress (Years 7-10)

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.