



Summer Term

Managing teen behaviour that challenges: tips and tricks

Wednesday 19 June 12:00-13:00 [\\_\\_\\_\\_\\_](#)

Weathering the storms cZghfcb[ hYYb Ya ch]cbg: XcÑg, XcbÑhg UbX  
when to consider talking to someone

Monday 24 June 17:00-18:00 \_\_\_\_\_



## How to support your young person with low mood

Tuesday 14 May 17:00-18:00 \_\_\_\_\_

Thursday 4 July 12:00-13:00 \_\_\_\_\_

## Supporting young people who experience panic

Thursday 16 May 12:00-13:00 \_\_\_\_\_

Wednesday 26 June 17:00-18:00 \_\_\_\_\_

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health: practical strategies to help you support your young person  
to get through their experience and feel OK again

Wednesday 22 May 17:00-18:00 \_\_\_\_\_

Supporting your young person with anxiety before they get their  
exam results

Monday 8 July 17:00-18:00 \_\_\_\_\_

**Schools and Colleges**

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young person.

How to support your young person with anxiety