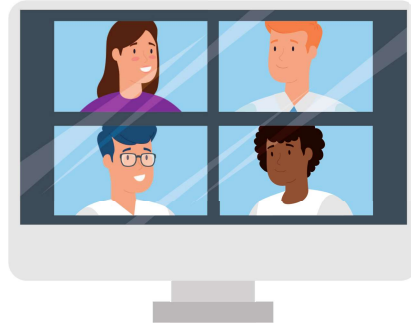


Wellbeing Webinars

For Young People

Developing Healthy Study Habits

Weds 29th Jan @ 5:00pm
 Mon 17th Mar @ 5:00pm
 Weds 2nd Apr @ 5:00pm



Stress & Worry Management

Thurs 27th Feb @ 5:30pm

For Parents & Carers

Helping Your Child With Anxiety (Primary)

Weds 22nd Jan @ 10am
 Thurs 13th Feb @ 12:30pm
 Sat 15th Mar @ 10am
 Weds 23rd Apr @ 7:00pm

Helping Your Child With Anxiety (Secondary)

Sat 25th Jan @ 10am
 Mon 10th Feb @ 12:30pm
 Thurs 20th Mar @ 7:00pm
 Wed 30th Apr @ 10am

Helping Your Child Change to Secondary (Y6)

Weds 19th Feb @ 10am
 Mon 31st Mar @ 12:30pm
 Sat 26th Apr @ 10am

Helping Your Child With Sleep (Primary)

Mon 27th Jan @ 12:30pm
 Wed 26th Feb @ 7:00pm
 Mon 24th Mar @ 10am
 Sat 5th Apr @ 10am

Emotionally Based School Avoidance

Sat 8th Feb @ 10am
 Weds 5th Mar @ 10am
 Mon 28th Apr @ 12:30pm

To help participants feel comfortable, we ask for cameras and mics to be turned off throughout, with optional interaction via the chat function.

Book your place on the [Bromley Y Eventbrite Page](#)



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