

# Universal Webinar Dates – Spring 2024

**For Primary Parents  
Anxiety**

Weds 17th Jan @ 10:00am  
Thurs 15th Feb @ 4:00pm  
Sat 16th Mar @ 10:00am  
Mon 15th Apr @ 4:00pm

**For Secondary Parent  
Anxiety**

Tues 9th Jan @ 4:00pm  
Sat 10th Feb @ 10:00am  
Mon 4th Mar @ 1:00pm  
Weds 24th Apr @ 4:00pm

**School Avoidance  
For Parents**

Sat 6th Jan @ 10:00am  
Mon 5th Feb @ 4:00pm  
Weds 20th Mar @ 1:00pm  
Sat 20th Apr @ 10:00am

**For Young People  
Anxiety**

Thurs 18th Jan @ 4:30pm  
Weds 14th Feb @ 1:00pm  
Mon 18th Mar @ 4:30 pm  
Mon 8th April @ 1:00pm

**For Young People  
Low Mood**

Mon 12th Feb @ 1:00pm

**For Young People  
Anxious Thoughts & Worry**

Weds 13th Mar @ 4:30pm

**For Young People  
Healthy Study Habits**

Thurs 25th Jan @ 4:30pm  
Weds 21st Feb @ 4:30pm  
Thurs 7th Mar @ 4:30pm  
Thurs 4th Apr @ 1:00pm

Scan QR to Book



**Helping Children with Sleep -  
For Primary Parents**

Mon 29th Jan @ 10:00am  
Sat 24th Feb @ 10:00am  
Weds 27th Mar @ 4:00pm  
Weds 10th Apr @ 1:00pm

