Education Wellbeing Service

wellbeinginschoolsevents@swlstg.nhs.uk

NHS South West London and St George's Mental Health NHS Trust

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

- 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.

Respectful Open Collaborative Compassionate Consistent