

# Parent webinars:

click the buttons below to register for your chosen session

**Understanding  
Anxiety**

**Watch  
Recording**

**Friendships and  
mental health**

**Watch  
Recording**

**Managing  
Exam Stress**

**Apr 29th  
19:30**

**Watch  
Recording**

**Self-care for  
Parents/Guardians**

**May 22nd  
19:30**

**Watch  
Recording**