



EASTER WITH REFLEXIONS

WEBINARS



SUPPORTING MY CHILD WITH ANXIETY

17th April 2025
10:00 - 11:00
Via MS teams



EXAM STRESS

SECONDARY AGE STUDENTS

17th April 2025
16:00 - 17:00
Via MS teams



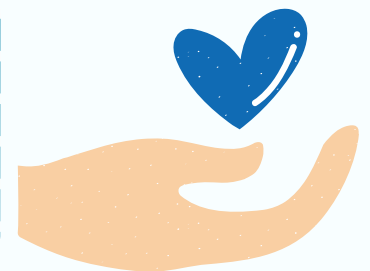
SUPPORTING MY CHILD WITH EXAM STRESS

24th April 2025
10:00 - 11:00
Via MS teams



SUPPORTING MY CHILD WITH ANXIETY

24th April 2025
16:00 - 17:00
Via MS teams



These one-off sessions will be provided by the Reflexions Team who will maintain a record of attendance. These are designed to provide a guide and tips on how you can manage or support someone who may have exam stress or anxiety. If you have any questions about these sessions please contact the Reflexions service, please call us on **01902 951 622** or email bchft.reflexions@nhs.net.

To book onto any of our webinars please scan the relevant QR Code!