



Mental Health
Support Team
Buckinghamshire



FREE

**FOR PARENTS
AND CARERS**

LIVE WEBINARS

CHILDREN'S MENTAL HEALTH



**DATES:
VARIOUS**



**TIME:
6PM – 7.30PM**

To register, scan the QR codes on the next page!












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SCAN THE QR CODE TO SECURE YOUR PLACE:

Topic	Date	School Age	QR
Introduction to Mental Health	14th October 2024 6pm – 7.30pm	Primary	
Introduction to Mental Health	23rd October 2024 6pm – 7.30pm	Secondary	
Childhood Anxiety	4th November 2024 6pm – 7.30pm	Primary	
Adolescent Anxiety	19th November 2024 6pm – 7.30pm	Secondary	
Understanding Child Behaviour and Development	23rd January 2024 6pm–7.30pm	Primary	
Supporting your child with Exam Stress	8th January 2025 6pm – 7.30pm	Secondary	
Low Mood and Depression	5th February 2025 6pm – 7.30pm	Secondary	
Understanding Adolescent Development and Behaviour (Teenage Brain)	11th March 2025 6pm – 7.30pm	Secondary	
Change and Transition	3rd April 2024 6pm – 7.30pm	Primary	
Supporting your child with Exam Stress	28th April 2025 6pm – 7.30pm	Secondary	