

Please respond to register your interest and you will be sent a link on Wednesday 31st January to the email address you have provided

Free Parent Webinar

“How to support your child with Exam Stress”

Thursday 1st February
5.30-6.30pm



Bex Alexander
Education Mental Health
Practitioner (EMHP)

An informal and relaxed webinar, exploring signs of exam stress to look out for, and simple strategies you can try as a parent to support your child to navigate the exam season

Provided by:

**Mental Health
Support Team
(MHST)**

