

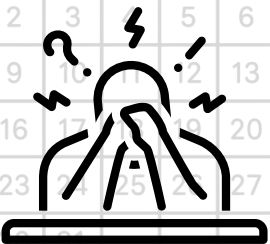


Speak to your
parents or staff
member for more
information to
support you joining
the webinars.

ONLINE WEBINARS YEARLY SCHEDULE 26/27

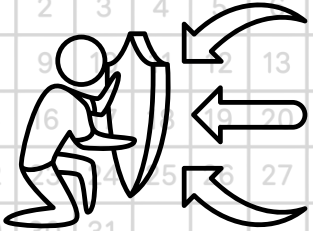
If you have any questions please contact tewv.wimtwsa@nhs.net

September



ANXIETY

October



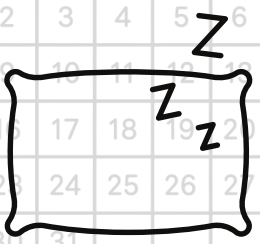
RESILIENCE

November



FRIENDSHIP

December



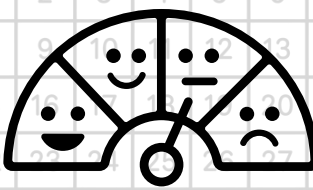
SLEEP

January



LOW MOOD

February



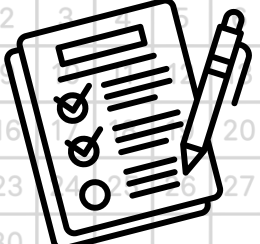
EMOTIONS

March



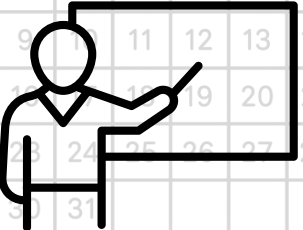
SELF ESTEEM

April



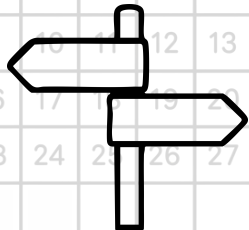
EXAM STRESS

May



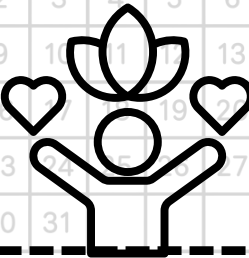
STAFF WELLBEING

June



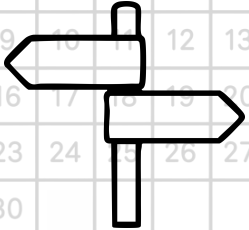
TRANSITIONS

July



5 WAYS TO WELLBEING

August



TRANSITIONS