



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

ONLINE WEBINAR

YEARLY SCHEDULE 26/27

All of our webinars are free to attend and can be accessed via **Microsoft Teams**. We welcome young people, parents and carers, teachers, and other professionals to join us. Keep an eye on our social media channels, where webinar dates, times, and joining information will be announced closer to the event.

SCAN HERE



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[@wellbeinginmind.mhst](https://www.instagram.com/wellbeinginmind.mhst)

WEBINAR FOCUS

September – Anxiety
October – Resilience
November – Friendship
December – Sleep
January – Low mood
February – Managing emotions
March – Self Esteem
April – Exam stress
May – Staff Wellbeing
June – Transition
July – 5 ways to wellbeing
August - Transition