



Online Workshops

These workshops are aimed at supporting young people and parents/carers of young people in secondary school.

Understanding Autism

Tuesday 6th February 5.30-7.30pm

Understanding the Amazing Teenage Brain

Wednesday 28th February 5-6.30pm

Understanding ADHD

Thursday 7th March 5.30-7.30pm

Less Stress Guide to Exams

Wednesday 20th March 5-6pm

Our online workshops offer information around key topics to help young people and their parents/carers to understand what is going on for them and strategies which may help to support them, based on the latest evidence and practice.

Our workshops are held on Microsoft Teams. You do not need an account to join. You will need access to the internet. Currently, this workshop is only available to young people and parents/carers of children attending a EWT/EST school. Please speak to your school or check our website for our list of schools.

We look forward to meeting you.

