



Upcoming Events For Secondary Parents Autumn Term 2025

Supporting your teenager's mental health webinars

**3RD NOV 25
6 PM-7.30 PM**



Healthy habits in
teenagers with Autism

**4TH FEB 26
12.30 PM-2 PM**



[SCAN OR CLICK HERE](#)

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**11TH NOV 25
1 PM-2 PM**



Understanding and
supporting teen sleep

**11TH NOV 25
7 PM-8 PM**



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We also provide free 1:1 early help support programmes for young people to support with anxiety or low mood. Speak to your school to find out more.

To view further event details and descriptions, and to book on to any of the webinars, please scan the QR Code or follow the link to our Eventbrite collection.

[Click here](#)



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