

Online Parent Workshops



Helping Your Child to Manage Anxiety



5 February 2026 - 4pm - 6pm
24 February 2026 - 10am - 12pm



LEARN MORE



Supporting Your Child to Attend School



3 February 2026 - 10am - 12pm
19 February 2026 - 4pm - 6pm



LEARN MORE



Surviving Exams Without Falling Out



24 March 2026 - 10am - 12pm
2 April 2026 - 4pm - 6pm



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Helping Your Child to Manage Anxiety

Anxiety is a natural response for everyone and can be a healthy survival emotion, but sometimes it can overwhelm our children and cause them to struggle. If your child is struggling to manage their anxiety, this workshop will help you learn how to support and help them.

This workshop will help you understand anxiety and teach you how to support your child through identifying the signs of anxiety and learning coping strategies you can use with your child.



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Supporting Your Child to Attend School

Our Supporting your Child to Attend School workshop is for parents who want to learn about how to support their child who is struggling with going to school or refusing to attend school.

School refusal can be emotionally challenging for both the child and parent/guardian. At this workshop we will look at why children struggle to attend school and strategies you can use to help support your child in a return to school.



3 February 2026 - 10am - 12pm
19 February - 4pm - 6pm

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Surviving Exams Without Falling Out

Exam season brings added stress and anxiety which can impact everyone at home. If your child is overwhelmed by the pressure of exams, this workshop is for you.

We will provide practical strategies on how to help your child navigate the exam season with confidence and build their resilience. We will explore managing stress, study skills and supporting your child's wellbeing in this workshop to help your child succeed.



24 March 2026 - 10am - 12pm
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