

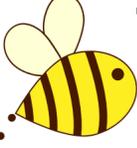


ONLINE WEBINAR SCHEDULE SPRING TERM 2026

Thursday 29th January 4pm - 5pm - Sleep

Monday 2nd March 4pm - 5pm - Understanding
and Managing Emotions

Monday 23rd March 4pm - 5pm - Self Esteem



Monday 20th April 4pm - 5pm - Exam Stress



All webinars can be accessed through Microsoft teams and are free to join. We welcome young people, parents and carers, teachers and other professionals to join. Joining information will be posted on our social media channels closer to the time.



@wellbeinginmind.mhst



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

