



## FEBRUARY 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Why not sign up for one of our events it's FREE and easy!

Click [here](#) to visit our Eventbrite page and choose the topic and date you wish to attend.

[Understanding Disordered Eating in Teens](#)

**For parents/carers**

Date: Thur, 5 Feb @ 6pm

[Helping your child with Sleep Problems](#)

**For parents/carers**

Date: Fri, 6 Feb @ 12pm

[Helping young people with fears and worries](#)

**For parents of secondary school children**

Date: Fri, 13 Feb @ 5pm

[Managing Academic Stress - Healthy Study Habits](#)

**For Young People**

Date: Thur, 19 Feb @ 5pm

[Helping your child with fears and worries](#)

**For parents/carers of primary school children**

Date: Mon, 23 Feb @ 12pm

[Emotionally Based School Avoidance](#)

**For parents/carers**

Date: Sat, 28 Feb @10am

**You can book by clicking on the topic of the webinar - this will show other dates available too!**

Stress & Worry management

**For Young People**

Date: Fri, 6 Mar @ 5pm

Helping your child with fears and worries

**For parents/carers of primary school children**

Date: Sat, 14 Mar @ 10am

Helping your child with Sleep Problems

**For parents/carers**

Date: Mon, 16 Mar @ 12.30pm

Understanding Disordered Eating in Teens

**For parents/carers**

Date: Thur, 19 Mar @ 6pm

Helping young people with fears and worries

**For parents of secondary school children**

Date: Mon, 23 Mar @ 5pm

Emotionally Based School Avoidance

**For parents/carers**

Date: Fri, 27 Mar @ 10am

**You can book by clicking on the topic of the webinar - this will show other dates available too!**



## MARCH 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

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**BROMLEY**  
Building Strengths  
Empowering Youth and Fostering  
Wellbeing since 1965

## APRIL 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Why not sign up for one of our events it's FREE and easy!

Click [here](#) to visit our Eventbrite page and choose the topic and date you wish to attend.

[Managing Academic Stress - Healthy Study Habits](#)

**For Young People**

Date:

[Helping your child with Sleep Problems](#)

**For parents/carers**

Date:

[Helping your child with fears and worries](#)

**For parent/carers of primary school children**

Date:

[Changing from Primary to Secondary school](#)

**For parents/carers**

Date:

[Emotionally Based School Avoidance](#)

**For parents/carers**

Date:

[Helping young people with fears and worries](#)

**For parents of secondary school children**

Date:

**You can book by clicking on the topic of the webinar - this will show other dates available too!**