

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!



BROMLEY Y

Building Strengths
Empowering Youth and Fostering
Wellbeing since 1965



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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26	27	28	29	30		

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[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!

Dates TBA

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



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MAY 2026

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31						

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