

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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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		

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

For parent/carers of primary school children

Date: Mon 13 Apr @ 12pm

[Emotionally Based School Avoidance](#)

For parents/carers

Date: Fri 17 Apr @ 10am

[Understanding Disordered Eating in Teens](#)

For parents/carers

Date: Thur, 23 Apr @ 6pm

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

For parents of secondary school children

Date: Sat 25 Apr @ 10am

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

For Young People

Date: Mon 27 Apr @ 5pm

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

Helping your child with fears and worries

For parent/carers of primary school children

Date: Fri, 8 May @ 12pm

Helping your child with Sleep Problems

For parents/carers

Date: Mon 11 May @ 12pm

Emotionally Based School Avoidance

For parents/carers

Date: Sat, 16 May @ 10am

Stress & Worry management

For Young People

Date: Fri, 22 May @ 5.30pm

Helping young people with fears and worries

For parents of secondary school children

Date: Mon, 18 May @ 10am

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



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MAY 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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31						

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JUNE 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				

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Emotionally Based School Avoidance

For parents/carers

Date: Mon, 8 June @ 10am

Helping your child with Sleep Problems

For parents/carers

Date: Fri, 12 June @ 12pm

Understanding Disordered Eating in Teens

For parents/carers

Date: Thur, 18 June @ 6pm

Helping your child with fears and worries

For parent/carers of primary school children

Date: Sat, 20 June @ 10am

Helping young people with fears and worries

For parents of secondary school children

Date: Fri, 26 June 10am

Managing Academic Stress - Healthy Study Habits

For Young People

Date: Mon 29 June @ 5pm

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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JULY 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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