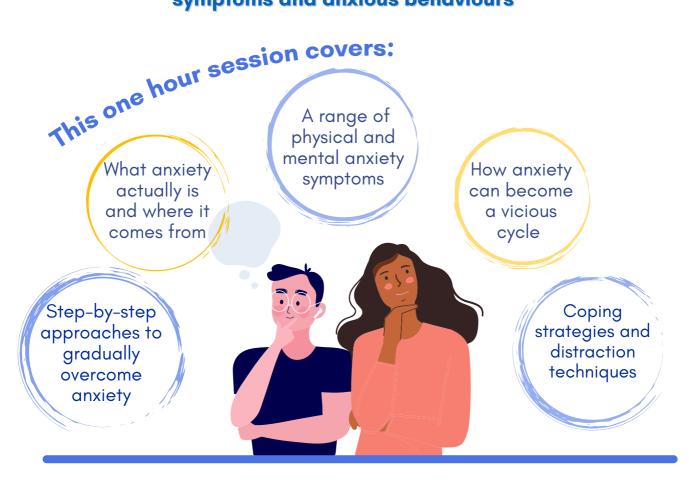


Understanding and Managing Anxiety

Anxiety webinar for young people struggling with physical symptoms and anxious behaviours



Bromley Y practitioners host this free session once a month on at **4.30pm** via Microsoft Teams.

Upcoming sessions



Tues 17th Jan Thurs 30th Mar Tues 21st Feb Tues 25th Apr

To help participants feel comfortable, we ask cameras and mics to be turned off throughout, with optional interaction via the chat function.













Managing Anxious Thoughts

Anxiety webinar for young people struggling with thoughts & worries



Bromley Y practitioners host this free session once a month **at 4.30pm** via Microsoft Teams.

Upcoming sessions



Thurs 9th Feb Weds 22nd Mar

To help participants feel comfortable, we ask cameras and mics to be turned off throughout, with optional interaction via the chat function.













Tackling Low Mood & Depression

Webinar for young people who are struggling with mood and motivation



Bromley Y practitioners host this free session once a month **at 4.30pm** via Microsoft Teams.

Upcoming sessions



Wed 1st Feb Thurs 9th Mar Thurs 27th Apr

To help participants feel comfortable, we ask cameras and mics to be turned off throughout, with optional interaction via the chat function.







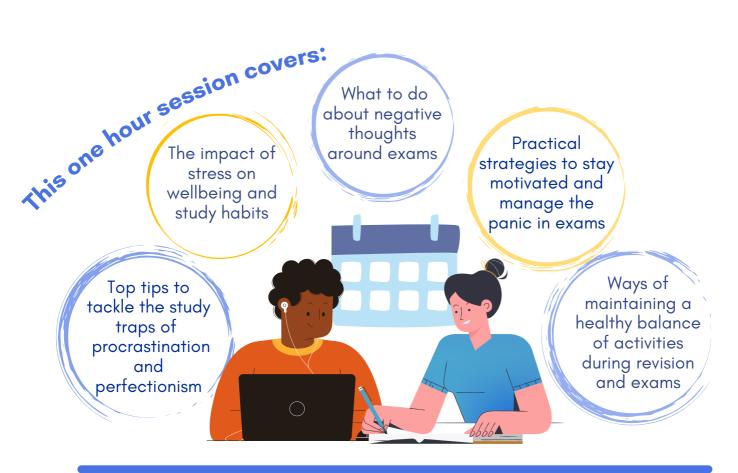






Managing Academic Stress

Webinars for Y10-Y13 students



Bromley Y practitioners host this free session via Microsoft Teams.

Healthy Study Habits

Thurs 26th Jan @ 4:30pm Wed 15th Feb @ 2pm Tues 14th Mar @ 4:30pm Thurs 6th Apr @ 11am



Dealing With Exam Stress

Weds 19th April @ 4:30pm Tues 9th May @ 4:30pm

Special sessions for those about to sit external exams around managing anxious thoughts and feelings

To help participants feel comfortable, we ask cameras and mics to be turned off throughout, with optional interaction via the chat function.









