

# Online Parent Workshops

Aimed at parents of children in Secondary School



## Understanding the Amazing Teenage Brain

27/01/2026 18:00 –20:00pm

[Understanding the Amazing Teenage Brain. | Meeting-Join | Microsoft Teams](#)



## The Mind, Body and You – Eating Disorder Prevention 1

11/02/2026 17.30 -19.00pm

[The Mind, The Body and You - Eating Disorder Prevention | Meeting-Join | Microsoft Teams](#)



## Less Stress Guide to Exams

04/03/2026 17.00 – 18.00pm

[Less Stress Guide to Exams | Meeting-Join | Microsoft Teams](#)



## Autism and Sleep

09/03/2026 12:30—13:30pm

[Autism and Sleep | Meeting-Join | Microsoft Teams](#)



## The Mind, Body and You – Eating Disorder Prevention 2

31/03/2026 17.30 – 19.00pm

[The Mind, Body & You - Eating Disorder Prevention | Meeting-Join | Microsoft Teams](#)

