Supporting a teenager can feel overwhelming ...

You don't have to do it alone!

Our Parent & Carer Webinars are here to support you!

Our free, live webinars give parents and carers practical tools, expert guidance, and a safe space to support young people's emotional wellbeing.

These webinars cover a range of topics, including:

Self-Harm Explained	**Exam Stress & Anxiety**	**The Teenage Experience**

By taking part, parents and carers can:

- Understand their young person's challenges
- Learn practical strategies for resilience and wellbeing
- Gain tools to manage difficult conversations, set boundaries, and resolve conflict
- Feel more confident, supported, and less alone
- Access live Zoom Webinar sessions easily from home



To find out more, or to book onto a session, visit **www.letstalkwell.org.uk/parents-carers/webinars**

Limited spaces

Who: Tailored for Gloucestershire parents and carers of children ages 11-18.

When: A range of topics delivered across the year.

Where: Online Zoom Webinar