



# EASTER WITH REFLEXIONS

## WEBINARS



### SUPPORTING MY CHILD WITH ANXIETY

17<sup>th</sup> April 2025  
10:00 - 11:00  
Via MS teams



### EXAM STRESS

SECONDARY AGE STUDENTS

17<sup>th</sup> April 2025  
16:00 - 17:00  
Via MS teams



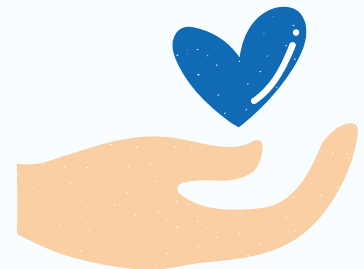
### SUPPORTING MY CHILD WITH EXAM STRESS

24<sup>th</sup> April 2025  
10:00 - 11:00  
Via MS teams



### SUPPORTING MY CHILD WITH ANXIETY

24<sup>th</sup> April 2025  
16:00 - 17:00  
Via MS teams



These one-off sessions will be provided by the Reflexions Team who will maintain a record of attendance. These are designed to provide a guide and tips on how you can manage or support someone who may have exam stress or anxiety. If you have any questions about these sessions please contact the Reflexions service, please call us on **01902 951 622** or email [bchft.reflexions@nhs.net](mailto:bchft.reflexions@nhs.net).

**To book onto any of our webinars please scan the relevant QR Code!**