



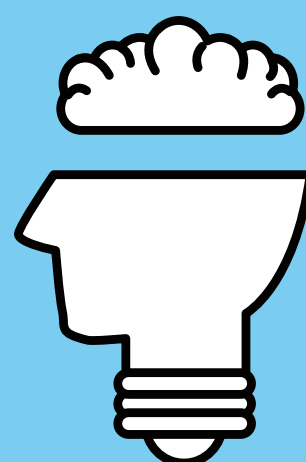
EDUCATIONAL
PSYCHOLOGY

WELLBEING WEBINARS

For Bristol parents & carers of
children with SEND

ANXIETY

Exploring the way our minds can generate anxiety and how it can dominate our day. We'll look at different ways to relate to anxiety, leaving us with a bit more choice to pursue what matters to us.



SELF-CARE

Many times our own self-care can slip way down our to-do lists. Here we'll explore the cultivation of a compassionate attitude towards ourselves and our wellbeing.

BELONGING

We'll explore the impact of isolation and practical ways to take small steps towards building connections with others.



TAKEAWAY TECHNIQUES & TIME TO CONNECT WITH OTHER PARENTS & CARERS

- Online bite-sized sessions led by an experienced psychologist
- Standalone themes- choose ones that interest you
- We recommend attending both sessions on each topic
- Choice of morning OR evening session times

*Click dates
to book*

ANXIETY

MONDAYS 10-11AM
> [21st & 28th June](#) <

OR

TUESDAYS 7-8PM
> [22nd & 29th June](#) <

SELF-CARE

WEDNESDAYS 10-11AM
> [30th June & 7th July](#) <

OR

THURSDAYS 7-8PM
> [8th & 15th July](#) <

BELONGING

MONDAYS 10-11AM
> [12th & 19th July](#) <

OR

TUESDAYS 7-8PM
> [13th & 20th July](#) <