

Booking through zoom <https://rb.gy/w6ike3>

Supporting Anxious Teenagers (P/PP/SNAs)

Wednesday 8th May @ 7.00-8.00pm

This webinar will focus on how parents and those working with teenagers can help to support anxious teens. It will also explore how teenage brains are more vulnerable to anxiety. CBT-specific techniques will also be examined. Participants will receive information on effective communication and how to talk to teenagers about mental health.



Tutor: Nicola Culloty

