

Coping with exam anxiety

Support and advice for Parents/ Carers

Childline by ISPCC are delighted to deliver a series of FREE webinars which aim to support parents/ carers and their young person in dealing with exam anxiety. The first webinar is on Tuesday the 28th of April and is for parents/ carers. The second is on Wednesday the 29th of April and is for young people and their parent/ carer. To register for the parent webinar please register [here](#).

The two-part series will focus on:

- What is Anxiety?
- Dealing with an anxious child
- Anxiety Management Tips & Tools
- Childline Digital Mental Health & Wellbeing Programme

This webinar will be led by Bree O' Neill, National Childline Digital Coordinator, ISPCC.

Date: *Tues, April 28*

Time: *7:00 PM – 8:00 PM*

Venue: *Online event*

FREE

Register Now!

ISPCC