



# Waltham Forest Mental Health Support Team Webinar Dates 2025

Waltham Forest Mental Health Team present to you webinar dates for 2025. These webinars cover a range of topics around mental health and wellbeing. They are accessible to all residents of Waltham Forest.

**ALL webinars run from 4:30-5:30pm.**

[Register HERE](#)



## JANUARY 2025



Thursday 16th January 2025: Helping your Child With Exam Stress (*Secondary School Parents*)

Thursday 30th January 2025: Managing Exam Stress (*Young People*)

## MARCH 2025

Thursday 13th March 2025: Neurodiversity (*ALL Parents*)

Thursday 27th March 2025: Neurodiversity (*ALL Support Staff and Teachers*)



## MAY 2025

Thursday 8th May 2025: Transition from Primary to Secondary School (*Primary School Parents*)

Thursday 22nd May 2025: Transition from Primary to Secondary School (*Young People*)



## JUNE 2025

Wednesday 4th June 2025: Behaviours that Challenge (*Primary School Parents*)