



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](#) <