



BROMLEY Y
Building Strengths

**Mental Health and Emotional Wellbeing
Service for Children and Young People**

We run free

Wellbeing Webinars

every term!

Facilitated
by Bromley Y
practitioners



Don't like being on screen? No problem!
We ask everyone to keep cameras and mics off throughout - you can interact via the chat.

For young people

Stress & worry management

Academic/exam stress &
healthy study habits

For parents

Helping your child with fears & worries
(primary & secondary)

Supporting transition to secondary school
Helping your child with sleep difficulties

Visit our [Eventbrite page](#) to see
available dates and book your place



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bromley-y.org



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@bromleywellbeing

Wellbeing Webinars

For Young People

Exam Stress/ Developing Healthy Study Habits

Thurs 8th May @ 5:00pm

Mon 2nd June @ 5:00pm



Stress & Worry Management

Weds 2nd July @ 5:00pm

For Parents & Carers

Helping Your Child With Fears & Worries (Primary)

Mon 12th May @ 10:00am

Weds 11th June @ 12:30pm

Sat 12th July @ 10:00am

Helping Yung People With Fears & Worries (Secondary)

Sat 17th May @ 10:00am

Thurs 10th July @ 4:00pm

Helping Your Child Change to Secondary (Y6)

Thurs 22nd May @ 12:30pm

Sat 21st June @ 10:00am

Mon 21st July @ 12:30pm

Weds 13th Aug @ 12:30pm

Thurs 28th Aug @ 6:30pm

Helping Your Child With Sleep (Primary)

Mon 23rd June @ 10:00am

Thurs 17th July @ 12:30pm

To help participants feel comfortable, we ask for cameras and mics to be turned off throughout, with optional interaction via the chat function.

Book your place on the [Bromley Y Eventbrite Page](#)



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