



WILDHEARTS

10th September 2020

Dear Parent/Carer,

We are delighted to announce the launch of WildHearts Mental Well-being Webinar Series for Parents, Carers and Young People. The first one is **How to Manage Worry, Stress and Anxiety** taking place **7pm – 8pm on Thursday 17th September 2020**.

The session is for students aged 10+ and is designed to support families as children and young people return to school. It will be led by Alicia Drummond, one of the UK's leading adolescent therapists and founder of Teen Tips. By participating, you will gain the tools to help your child avoid the anxiety trap, build their self-awareness, self-management skills and boost emotional resilience. You will also have the opportunity to ask Alicia any burning questions you might have.

Places are limited, so please click [here](#) to register for your FREE place.

Please don't hesitate to get in touch if you have any questions or queries via info@wildheartsgroup.com

Kind regards,

WildHearts Team