

Parent webinar

Managing Stress & Anxiety

Details: On Zoom, Wednesday 29th March at 6:30 (Melbourne/Sydney time)

In exciting news, we have partnered with Wellio. Wellio helps students proactively improve their mental wellbeing using research-backed habits and techniques. Alongside their work with students, Wellio will be delivering a webinar each term to parents! Join us to learn about the below:



Good anxiety vs bad anxiety

We discuss how stress can sometimes be good and what you can do when your child's stress becomes harmful anxiety.



The thinking feeling connection

How thoughts turn into feelings and what you can do to ensure your child doesn't find themselves in thinking traps.



Techniques to manage anxiety

A toolkit of strategies that you can use to help your child manage and prevent anxiety.

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