



A FREE WEBINAR

# Understanding Anxiety and Depression to Foster Resilience

## PART I

### Supporting Primary & Secondary students

Join us for an exclusive webinar featuring international experts Dr Emma Woodward and Dr Joe Stammeijer, as they share valuable insights into recognising early signs of concern and practical approaches to supporting the wellbeing of young people.

This webinar is **Part I of a series**.

In this session, topics include:

- Understanding Anxiety and Depression
- Recognising Early Signs
- Supporting Neurodivergent Children

**Suitable for:** Parents, grandparents, carers, educators, school leaders. |

**Duration:** 45 minutes



Online, Wednesday  
**18 March, 2026**  
**7.30 pm**



### Dr Emma Woodward

Emma is recognised for her work as a child psychologist and TEDx speaker, keynote presenter, trainer and facilitator. She is also a regular SchoolTV presenter.



### Dr Joe Stammeijer

A specialist in forensic psychiatry and a lecturer in medical education focusing on innovative practice and professional leadership. Joe is also a contributor to SchoolTV.

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button to register.**



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