

<p><b>How to support your young person with low mood</b>  <i>Tuesday 6 February 12:00-13:00</i></p>	<p><a href="#">Click here to register</a></p>
<p><b>Early emerging School Based Avoidance: practical tips and strategies to support your child</b>  <i>Thursday 8 February 17:00-18:00</i></p>	<p><a href="#">Click here to register</a></p>
<p><b>Anxiety in adolescence: how can parents and carers help?</b>  <i>Tuesday 5 March 12:00-13:00</i></p>	<p><a href="#">Click here to register</a></p>
<p><b>Adolescent self-harm: how to make sense of it and when to seek support</b>  <i>Wednesday 13 March 17:00-18:00</i></p>	<p><a href="#">Click here to register</a></p>
<p><b>Building resilience, staying connected and nurturing your relationship with your teen</b>  <i>Tuesday 19 March 12:00-13:00</i></p>	<p><a href="#">Click here to register</a></p>
<p><b>Understanding the impact of bullying on a young person's mental health: practical strategies to help you support your young person to get through their experience and feel OK again</b>  <i>Thursday 21 March 12:00-13:00</i></p>	<p><a href="#">Click here to register</a></p>
<p><b>Managing teen behaviour that challenges: tips and tricks</b>  <i>Wednesday 17 April 12:00-13:00</i></p>	<p><a href="#">Click here to register</a></p>
<p><b>Weathering the storms of strong teen emotions: do's, don'ts and when to consider talking to someone</b>  <i>Tuesday 23 April 12:00-13:00</i></p>	<p><a href="#">Click here to register</a></p>
<p><b>Understanding the adolescent brain: strategies to help you understand and support young people's mental health and wellbeing</b>  <i>Thursday 25 April 17:00-18.00</i></p>	<p><a href="#">Click here to register</a></p>