

FREE WEBINARS FOR
PARENTS & CARERS

COPING WITH EXAMS

SUPPORTING YOUR CHILD
THROUGH TEST STRESS AND
EXAM SUCCESS



In this 90 minute virtual workshop hosted by Somerset's Mental Health Support Team, we will explore...

- ✓ Understanding your child's experience of stress and overwhelm
- ✓ How your child would like you to help them (without having to ask you)
- ✓ Ideas of how to support before, during and after exams and tests



WHEN?

12:30-14:00 9th April 2026 | [Register here](#)

18:00-19:30 30th April 2026 | [Register here](#)

13:30-15:00 13th May 2026 | [Register here](#)



Workshops are open to any parent/carer in Somerset. You will just need to provide the name of your child's school on registration.

FREE WEBINARS FOR
PARENTS & CARERS

SUPPORTING YOUR CHILD'S BIG FEELINGS:

AN EMOTION COACHING
APPROACH



In this 90 minute workshop hosted by Somerset's Mental Health Support Team, we will explore...

- ✓ How to support your child's and teen's emotional resilience in the moment and for the future.
- ✓ Strategies that will help develop emotionally intelligent mindsets for all your family
- ✓ You will go away with a range of tools (including emotion coaching) to boost your child's, and your own, emotional resilience.



WHEN?

13:00-14:30 1st June 2026 | [Register here](#)

18:00-19:30 4th June 2026 | [Register here](#)

13:00-14:30 11th June 2026 | [Register here](#)



Workshops are open to any parent/carer in Somerset. You will just need to provide the name of your child's school on registration.

FREE WEBINARS FOR PARENTS & CARERS SUPPORTING YOUR CHILD WITH CHANGE & SCHOOL TRANSITIONS:

NAVIGATING THE
ROLLERCOASTER OF
STARTING A NEW SCHOOL



In this 90 minute workshop hosted by Somerset's
Mental Health Support Team, we will explore...

- ✓ How we can support our children through their emotional ups and downs when moving schools
- ✓ How we can help our children to prepare for and manage change
- ✓ A range of activities you can do with your child to set them up for school success

WHEN?

13:00-14:30 17th June 2026 | [Register here](#)

18:00-19:30 18th June 2026 | [Register here](#)

10:00-11:30 23rd June 2026 | [Register here](#)



Workshops are open to
any parent/carer in
Somerset. You will just
need to provide the
name of your child's
school on registration.

