



Mental Health  
Support Team

Buckinghamshire



**FREE**

**FOR PARENTS  
AND CARERS**

# LIVE WEBINARS

**CHILDREN'S MENTAL HEALTH**



**DATES:  
JAN - APRIL  
2026**



**TIME:  
6PM - 7.30PM**

**To register, scan the QR codes on the next page!**







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\*PLEASE NOTE: YOUR CHILD MUST ATTEND AN MHST SCHOOL FOR ACCESS TO THE WEBINARS. IF YOU ARE UNSURE, PLEASE CONTACT US.

# SCAN THE QR CODE TO SECURE YOUR PLACE:

Topic	Date	Link	QR code
<b>Exam Stress</b>	<b>Monday 12th<sup>h</sup> of January 2026</b>	<u><a href="#">Microsoft Virtual Events Powered by Teams</a></u>	
<b>Awareness and understanding of eating disorders</b>	<b>Monday the 26th of January 2026</b>	<u><a href="#">Microsoft Virtual Events Powered by Teams</a></u>	
<b>Understanding childhood development and behaviour</b>	<b>Tuesday the 10<sup>th</sup> of February 2026</b>	<u><a href="#">Microsoft Virtual Events Powered by Teams</a></u>	
<b>Understanding Low mood</b>	<b>Monday the 9<sup>th</sup> of March 2026</b>	<u><a href="#">Microsoft Virtual Events Powered by Teams</a></u>	
<b>Understanding adolescent development and behaviour</b>	<b>Monday the 9<sup>th</sup> of March 2026</b>	<u><a href="#">Microsoft Virtual Events Powered by Teams</a></u>	