



# WALTHAM FOREST MENTAL HEALTH SUPPORT TEAM WEBINARS 2025

**02**

OCTOBER

**School attendance and Emotional Wellbeing**

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**16**

OCTOBER

**Helping your child reach their full academic potential**

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**06**

NOVEMBER

**Positive approaches to challenging behaviour**

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**20**

NOVEMBER

**Boost your mood – practical tools for overcoming low mood**

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**03**

DECEMBER

**Anxiety management: building resilience and calm**

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