



EDUCATIONAL
PSYCHOLOGY

WELLBEING WEBINARS

For Bristol parents & carers

ANXIETY

Exploring the way our minds can generate anxiety and how it can dominate our day. We'll look at different ways to relate to anxiety, leaving us with a bit more choice to pursue what matters to us.



SELF-CARE

Many times our own self-care can slip way down our to-do lists. Here we'll explore the cultivation of a compassionate attitude towards ourselves and our wellbeing.

NOTICING

We can spend up to 47% of our waking hours on autopilot - where our body is in one place and our mind is elsewhere. Here we'll explore and practice different ways to connect with the here and now for our well-being.



ENGAGING, PRACTICAL SESSIONS WITH TAKEAWAY TECHNIQUES

Online bite-sized sessions with an experienced psychologist.
Standalone sessions, attend any or all webinars.

*Click dates
to book*

ANXIETY

TUESDAY
29TH JUNE
12.30-1.30PM

SELF-CARE

THURSDAY
8TH JULY
12.30-1.30PM

NOTICING

TUESDAY
13TH JULY
12.30-1.30PM