

Schools and Colleges Early Support Service

Parent and carer live webinar schedule - Autumn term 2026

Dear Parents and Carers,

We would like to invite you to attend our webinar series specially tailored for parents and carers of adolescents.

The topics have been chosen to reflect core developmental processes in adolescence and common difficulties parents can struggle with. The content is psychoeducational, strategy-based and solution focused. The webinars will cover the following topics:

- How to support your young person with low mood
- Anxiety in adolescence
- Early emerging school based non-attendance
- Understanding the impact of bullying on a young person's mental health
- Adolescent self-harm
- Supporting your young person through exam time
- Weathering the storms of adolescent emotions
- Creating rules and boundaries whilst supporting a healthy relationship with your teen
- Understanding the adolescent brain
- Supporting your young person to stay well online
- Bullying and Belonging - Helping your young person navigate friendships with confidence
- Supporting your child after difficult events or experiences
- Supporting your young person with a bereavement
- Supporting your neurodivergent young person: understanding needs, reducing pressure, and building confidence
- Transitioning to Secondary School - supporting your child with the ending and a new beginning
- Supporting your young person with anxiety before they get their exam results

Further details on each webinar are below. To register please click on the relevant Zoom link. After registering, you will receive a confirmation email containing information about joining the meeting.

All topics are available on-demand. If you are unable to attend a live delivery and would like to access the recording, please email info.scess@annafreud.org to request this.

Settling in, anxiety and early attendance concerns

Anxiety in adolescence

Thursday 17th September, 5-6pm. Click [here](#) to register.

Feeling anxious is a normal part of life, but for some adolescents it can become overwhelming and interfere with daily activities such as socialising, trying new experiences, or performing well in exams.

This webinar is designed to help parents and carers better understand and support young people dealing with anxiety. It explores common types of adolescent anxiety, including exam stress, social anxiety, and concerns about identity and personal development. It also provides practical strategies that parents and carers can use to support their young person in everyday situations.

In addition, the webinar offers guidance on how and when to access support, helping parents and carers to recognise when professional help may be needed and where to find it. Real-life examples are included to illustrate typical anxiety scenarios and highlight different approaches that may be helpful.

Overall, the session aims to give parents and carers the understanding, tools, and confidence to support young people in managing anxiety in a positive and constructive way.

Supporting your neurodivergent young person: understanding needs, reducing pressure, and building confidence

Wednesday 23rd September, 12-1pm. Click [here](#) to register.

This one-hour webinar is for parents and carers who want to better understand and support neurodivergent young people. We will explore how neurodiversity can shape communication, emotional regulation, sensory experiences, learning, relationships, and everyday family life.

The session will offer practical, compassionate strategies to help reduce pressure, strengthen connection, support confidence and work more collaboratively with schools and colleges.

Early emerging school based non-attendance

Thursday 29th September, 12-1pm. Click [here](#) to register.

Feeling worried or anxious is something everyone experiences from time to time. For many young people, school can be a common source of these worries. While some anxiety is normal, for others it can become overwhelming and make attending school very difficult.

When anxiety significantly affects a young person's ability to attend school, they may be experiencing **early emerging school-based non-attendance**. This term refers to school absences that stem from emotional, mental health, or wellbeing challenges. It moves away from labels like "school refusal" and instead recognises the underlying difficulties a young person may be facing.

This webinar focuses on young people in the early stages of school-based non-attendance. It will:

- Help you understand the **anxiety-avoidance cycle**
- Explore why school may feel overwhelming for some young people
- Offer **practical strategies** to support your child
- Provide guidance on building confidence and encouraging school attendance

The session is designed to equip parents and carers with the knowledge and tools needed to support their young person in overcoming anxiety-related barriers to education.

Relationships, boundaries and belonging

Understanding the adolescent brain

Tuesday 8th October, 5-6pm. Click [here](#) to register.

This webinar explores how the brain develops over time and how those changes influence young people's emotions and behaviour.

The webinar highlights key stages of development, beginning with early childhood, which is a period of rapid brain growth and foundational learning. Adolescence is described as a major period of restructuring, during which young people begin to act more independently and become more responsive to the world around them. Development continues into adulthood, where thinking, decision-making and emotional regulation are further refined.

The session also examines how these brain changes affect emotions and behaviour. During adolescence, these changes can influence mood, increase emotional intensity, and impact risk-taking, decision-making, and social relationships.

In addition, the webinar offers evidence-based strategies to support young people. It helps parents and carers better understand what is happening in a young person's brain, respond effectively to emotional and behavioural changes, and provide appropriate support for their mental health and wellbeing.

Bullying and Belonging - Helping your young person navigate friendships with confidence

Wednesday 14th October, 12-1pm. Click [here](#) to register.

During adolescence friends will become an increasingly important part of your young person's life, but it can sometimes be hard for young people to know how to maintain healthy friendships, and what to do when difficulties arise. This can impact your young person's mental health and wellbeing.

As a parent or carer, this may feel very challenging and worrying. This webinar explores some useful and practical strategies to support your young person. We will be focusing on bullying, navigating peer pressure and developing healthy friendships.

Creating rules and boundaries whilst supporting a healthy relationship with your teen

Thursday 15th October, 5-6pm. Click [here](#) to register.

Adolescence is a time of exploration, growth, and new challenges. As young people begin to test limits and seek independence, clear rules and boundaries become essential. These provide structure, promote safety, and help teenagers build confidence while navigating this period of significant change.

Although conflict can sometimes arise during this stage, setting consistent and supportive boundaries helps create a strong foundation for healthy relationships and age-appropriate independence.

In this webinar, you will:

- Understand why safe and consistent rules and boundaries are important during adolescence
- Explore key factors to consider when setting boundaries with your teenager
- Learn practical strategies to manage situations when boundaries are challenged
- Support your teenager in managing strong emotions
- Build confidence in navigating difficult or sensitive conversations

Weathering the storms of adolescent emotions

Wednesday 21st October, 12-1pm. Click [here](#) to register.

Adolescence is often characterised by “storms” that young people, families, and parents must navigate. This stage of development is marked by intense emotions, which are a natural and important part of growing up. Young people may struggle with questions of identity, shifting social relationships, and a growing desire for independence. At the same time, parents can find it challenging to adapt—feeling pushed away, managing their own emotional responses, and discovering new ways to stay connected.

This webinar explores the key developmental changes that occur during adolescence, including why emotional highs and lows are so common and how these are linked to changes in the brain. It also provides practical guidance and strategies to help parents and carers better understand and support young people as they manage strong emotions.

Responding to distress, loss and emotional pain

How to support your young person with low mood

Tuesday 3rd November, 5-6pm. Click [here](#) to register.

Low mood does not just affect adults. Young people can experience low mood too. Common signs of low mood often include sadness that does not go away, feeling irritable all of the time, not being interested in things that used to be enjoyed and feeling tired or exhausted a lot of the time.

This webinar will offer insight into how to spot the signs and symptoms of low mood, providing understanding of why young people are vulnerable to experiencing low mood and evidence-based strategies to support young people.

Adolescent self-harm

Tuesday 10th November, 12-1pm. Click [here](#) to register.

Adolescence can be a challenging time, often marked by insecurity, self-consciousness, body image concerns, and peer pressure. During this period, some young people may engage in self-harmful behaviours such as cutting, hair pulling, or scratching. While these behaviours can be alarming, they are not uncommon and can be deeply distressing for parents and carers.

This webinar provides an overview of the risk factors associated with self-harm and explains the different methods that young people might use. It highlights common influences such as emotional distress, low self-esteem, and social pressures, helping parents and carers understand the context in which these behaviours may develop.

The session also explores the reasons why young people may self-harm. It explains that, for many, self-harm can act as a coping mechanism for managing overwhelming emotions. Underlying factors may include anxiety, depression, past trauma, or difficulty expressing feelings.

Guidance is offered on how parents and carers can support their young people effectively. This includes advice on starting open and non-judgmental conversations, listening with empathy, and building trust to encourage communication.

Finally, the webinar addresses when self-harm behaviours may indicate a higher level of risk and require professional support. It helps parents and carers recognise the warning signs and understand when it may be necessary to seek help from mental health services.

Overall, the webinar aims to equip parents and carers with knowledge, confidence, and practical tools to better understand and support young people who may be struggling during adolescence.

Supporting your child after difficult events or experiences

Thursday 19th November, 5-6pm. Click [here](#) to register.

Children experience many challenges as they grow up. While most cope well with the support of caring adults, some experiences can feel overwhelming and affect how they think, feel, behave and respond to the world around them.

This webinar explores how difficult or overwhelming experiences can influence a young person's emotions and behaviour, helping parents and carers understand why their child may react differently during or after stressful events. It explains why these responses are understandable, highlights that positive change is possible, and encourages parents to respond to behaviour with curiosity and compassion.

You'll learn practical, evidence-informed strategies to help your child feel safe, understood, and connected, including ways to build trusting relationships, support emotional regulation and create predictable routines that promote resilience and wellbeing. The session also provides guidance on when additional support may be helpful and signposts to further resources for families.

Supporting your young person with bereavement

Wednesday 25th November, 5-6pm. Click [here](#) to register.

Supporting a young person through grief can feel overwhelming, especially while managing your own emotions. Join our parent and carer webinar to explore how grief may affect young people, the signs and changes you might notice, and practical ways to start supportive conversations. We will also share strategies to help you look after your own wellbeing as well as that of your child and highlight trusted resources for ongoing support. This session aims to provide reassurance, understanding, and practical guidance to help families navigate grief together.

End of term pressure and emotional reset

Anxiety in adolescence

Wednesday 3rd December, 12-1pm. Click [here](#) to register.

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This webinar is designed to help parents and carers better understand and support young people dealing with anxiety. It explores common types of adolescent anxiety, including exam stress, social anxiety, and concerns about identity and personal development. It also provides practical strategies that parents and carers can use to support their young person in everyday situations.

In addition, the webinar offers guidance on how and when to access support, helping parents and carers to recognise when professional help may be needed and where to find it. Real-life examples are included to illustrate typical anxiety scenarios and highlight different approaches that may be helpful.

Overall, the session aims to give parents and carers the understanding, tools, and confidence to support young people in managing anxiety in a positive and constructive way.

Growing up in a digital world: AI, the risks and opportunities

Thursday 9th December, 5-6pm. Click [here](#) to register.

Young people live their lives online as much as they do offline, with that in mind it is important to know how you can support your young person in staying safe online. This webinar will explore positive online behaviour, boundary setting, the impact of screen time on sleep and consider the role of AI. We provide further information and resources around how you can protect your young people if you are concerned.

Understanding the adolescent brain - Spring and Summer term only

The on-demand version can be accessed [here](#)

Supporting your young person through exam time - Summer term only

The on-demand version can be accessed [here](#)

Transitioning to Secondary school: supporting your child with endings and new beginnings - Spring and Summer term only

The on-demand version can be accessed [here](#)