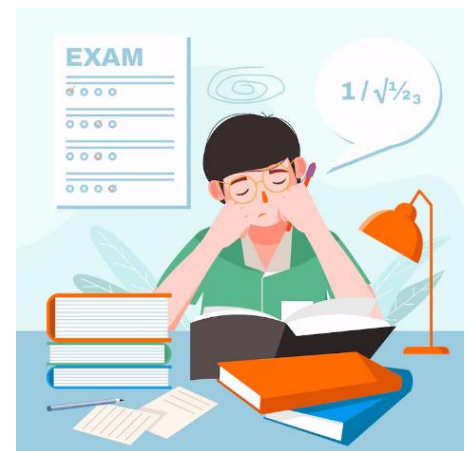


# Supporting your child to thrive in their exam year

From the **SEND Mental Health Support Team**

Is your child sitting their exams this year? Are they feeling stressed? Are you feeling stressed?

If you answered yes to these questions, then this workshop is for you! All parents and carers are welcome to join, regardless of whether your child has a recognised SEND need as our workshops include practical advice and adaptable strategies for all children and young people. There will also be time to talk with other parents and share tips and tricks with each other. Please chat with your school, or email [hct.mhst@nhs.net](mailto:hct.mhst@nhs.net) if you have any questions.



## Event Information:

**Date:** Thursday 8<sup>th</sup> October 2026

**Time:** 4.30-6pm

Scan me!



<https://www.eventbrite.co.uk/e/supporting-your-child-to-thrive-in-their-exam-year-tickets-1996620850712?aff=oddttdcreator>

