



THE WAY



WELLBEING MATTERS WEBINAR

The extended lockdown is taking a toll on most of us.

Many parents are juggling work demands, child care and self-care. These conditions can contribute to increased stress levels and everything can feel more emotionally charged. To avoid conflict in your household you may start questioning if you should shift the boundaries on screen time. You may feel unsure of how to support your child if they struggle with the demands of school and school work.

To support you to feel more equipped to assist your child to face challenging situations, we would like to invite you to a webinar with Clinical Psychologist, Dr Judith Locke. She will equip you with the latest research, share her clinical experience and increase the tools in your parenting kit to support you to raise a more Confident and Capable Child or Teen.

SENIOR SCHOOL

Tuesday 24 August 7.00pm

JUNIOR SCHOOL

Wednesday 25 August 7.00pm

To find out more please read the [attached flyer](#) and to book in for one of these sessions, [please visit our website](#).

This webinar will not be recorded and will only be available live.