



THE WAY

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SchoolTV

Wellbeing for school communities



Understanding Anxiety and Depression to Foster Resilience (Part I)

UNDERSTANDING ANXIETY AND DEPRESSION WEBINAR

Join SchoolTV for this exclusive free webinar featuring international experts **Dr Emma Woodward** and **Dr Joe Stammeijer**, as they share valuable insights into recognising early signs of concern and practical approaches to supporting the wellbeing of young people.

WEBINAR: Understanding Anxiety and Depression to Foster Resilience (Part I)

DATE: Wednesday 18 March 2026

TIME: 7:30 pm





Dr Emma Woodward

Emma is recognised for her work as a child psychologist and TEDx speaker, keynote presenter, trainer and facilitator. She is also a regular SchoolTV presenter.



Dr Joe Stammeijer

A specialist in forensic psychiatry and a lecturer in medical education focusing on innovative practice and professional leadership. Joe is also a contributor to SchoolTV.

This webinar is part 1 of a series and will go for 45 minutes.

In this session, topics include:

- - Understanding Anxiety and Depression
- - Recognising Early Signs
- - Supporting Neurodivergent Children

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