THE WAY

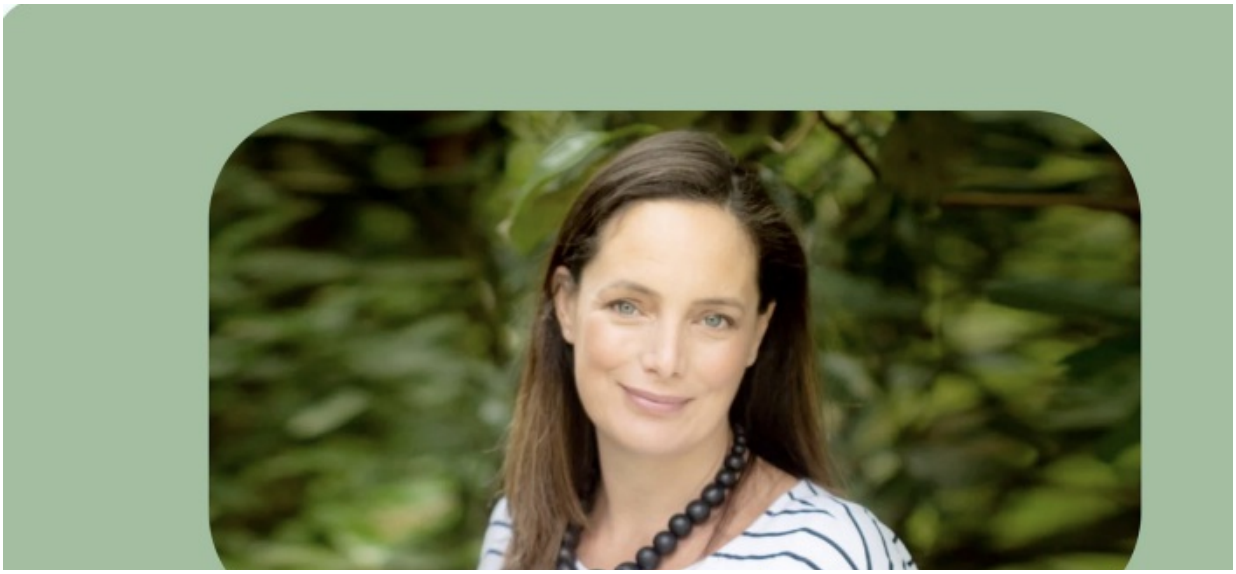
TERM 1 | THE WAY NEWSLETTER | FRIDAY 13 MARCH 2026



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



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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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