



# THE WAY

TERM 1 | THE WAY  
NEWSLETTER | FRIDAY 13  
MARCH 2026



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

[REGISTER HERE](#)