



THE WAY

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NEWSLETTER | FRIDAY 29
MAY 2026



SchoolTV | Wellbeing for school communities



Understanding Anxiety and Depression to Foster Resilience (Part II)

Wed, Jun 10th 2026 @ 7:30 PM AEST

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 2)

DATE: Wednesday 10 June 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 2 of a series and will go for 45 minutes.

In this session, topics include:

- - Staying Calm and Connected
- - Building Daily Routines
- - Meeting the Needs of Neurodivergent Learners

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