

Education  
Wellbeing  
Service

## Education Wellbeing Service Webinar

# Supporting Your Teenager With Emotional Difficulties and Self-Harm

Being a teenager can be difficult to navigate, with lots of change and emotional ups and downs.

Parents and carers can have key roles in supporting their teenagers through this by understanding emotional regulation, and how to facilitate healthy responses to difficult or testing situations.



### DATE / TIME

Wednesday 10th June  
1.00–2.00pm



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### LOCATION

Online - Hosted on Teams

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### DATE / TIME

Thursday 18th June  
7.00–8.00pm



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