



TALKING EXAM STRESS

Parent workshop

Thursday 30th November 6.30 - 9.00pm

The Lecture Theatre, Tennet Centre



You will learn about:

- **The science of stress**
- **How and why appropriate stress can help us**
- **When does stress become a problem?**
- **Responding to a stressed teen before and after exams**
- **Helping our teenagers manage their own stress and preventing it from building up**
- **How to support teens after exams**

At Supporting Links, we offer experienced facilitators and accredited materials, delivered to you in a confidential and supportive environment.

'Just realising my child was stressed and that was the reason she was acting as she was, has helped change the dynamic in our house within days!'

**Tickets £19 per person via
Eventbrite Link**

<https://www.eventbrite.co.uk/e/talking-exam-stress-a-workshop-for-parentscarers-at-wqsg-615-tickets-667429548747?aff=oddtcreator>

**For further information, contact
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