



Managing Exam Stress in Children and Young People

Wednesday 24 April from 7pm - 9pm @ The Folk Hall, High Street, Portishead

Join us for an insightful evening session, crafted and delivered by a team of specialists from Equine Reflections, Wellspring Counselling, Natasha Ward GP partner at Harbourside and the NHS School Nursing Team.

This session is designed to empower parents, caregivers, and educators with essential skills to recognise and address stress in children and young people, equipping them with effective tools to navigate the challenges of exams and the complexities of young life, including coping with self-harm presentations.

Book your seat today! Scan the QR code.

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