

HOPE Virtual Parent Support

School Work and Exam Stress



Tuesday 21st March 7pm
Thursday 23rd March 10am

Support your child/teen to ➡

Manage exam and assessment anxieties
Build resilience and calm negative thoughts
Manage expectation & disappointment

Useful resources and apps
Self Care

Hopeful
Encouraging
Validating

Suitable for
Parents of
Y5 and
above

Time for chat and questions

*Feel free to listen off camera and mic
or use the chat facility to participate*

HOPE Parent Support Sessions;

**a safe place to find information, chat and learn from
each other through shared experience.**

To find out more contact your HOPE
mentor in school or Keddie on
07508 176043

keddieHOPE2021@outlook.com

Register HERE



SCAN ME



<https://us02web.zoom.us/meeting/register/tZwsde6gqT0jG9Z1P-U0lckA4Y7KBzYDihxU>