

# Exam & School Pressure

Thursday 23rd May 2019



**This is the third session of the Child & Adolescent Emotional Wellbeing Programme which is being run by Bedfordshire CAMHS**

**Please note that these sessions are for parents & carers only**

**When:** Thursday 23rd May 2019

**Time:** 6—8pm (arrival from 5.45pm)

**Where:** The Rufus Centre, Steppingley Road, Flitwick, Bedford MK45 1TH

**In this session we will focus on the pressure around exams, along with school in general, as these are things that we know have a huge impact on children and young people**

**The session will focus on giving you a better understanding of how to support the children and young people in your life navigate school and especially the exam periods**

## How can I book tickets?

Tickets are free and are available online from [www.eventbrite.co.uk](http://www.eventbrite.co.uk) by searching for 'child and adolescent wellbeing'

You can also scan the QR code on your smartphone for access to the website



## Information for Professionals

We have availability for a limited number of professionals to attend this session, if you are interested then please contact the office on 01234 310800/01234 893301 and ask for Kirsty Sharp or Sue Hollingsworth to book with them directly

Please let the receptionist know that you are calling regarding tickets for the event, this is to ensure you are passed to the right person!