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Parent Information

session's -

Online every month (1/2 hr. each session)

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Lancashire & South Cumbria
NHS Foundation Trust



<p><u>Exam stress</u> - Thursday 16th October 2025</p>	<p>12:30pm Meeting ID: 392 485 435 676 Passcode: vp9dh3XS</p>	<p>5:30pm Meeting ID: 313 837 009 808 3 Passcode: mc7Ts6fr</p>
<p><u>Understanding anxiety</u> Thursday 20th November 2025</p>	<p>12:30pm Meeting ID: 362 794 734 504 4 Passcode: Pm2KN7aH</p>	<p>5:30pm Meeting ID:363 370 399 2470 Passcode: dR3uu9PW</p>
<p>Food and mood Thursday 4th December 2025</p>	<p>12:30pm Meeting ID: 345 213 623 413 7 Passcode: 3tB3B6h4</p>	<p>5:30pm Meeting ID: 387 219 298 038 4 Passcode: VH6FD9xD</p>
<p><u>Understanding low mood</u> Thursday 15th January 2026</p>	<p>12:30pm Meeting ID: 365 756 148 365 1 Passcode: iB35FY7m</p>	<p>5:30pm Meeting ID: 361 669 023 831 8 Passcode: fG7763HB</p>
<p>Children's Mental Health in a Digital Age Thursday 19th February 2026</p>	<p>12:30pm Meeting ID: 388 299 333 5666 Passcode: 8xY7e65K</p>	<p>5:30pm Meeting ID: 355 504 727 669 0 Passcode: Ew7M2xg9</p>

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Exam stress Thursday 13 th March 2026	12:30pm Meeting ID: 322 666 345 873 6 Passcode: Gr6Mo3UC	5:30pm Meeting ID: 374 855 432 218 7 Passcode: pg6BQ9Zu
Food and mood Thursday 16 th April 2026	12:30pm - Meeting ID: 398 536 016 635 4 Passcode: 4ZU2mL67	5:30pm Meeting ID: 398 536 016 6354 Passcode: 4ZU2mL67
Supporting your child's mental health Thursday 21 st May 2026	12:30pm Meeting ID: 364 803 359 117 0 Passcode: rp6RC3hM	5:30pm Meeting ID: 364 803 359 117 0 Passcode: rp6RC3hM
Understanding anxiety Thursday 18 th June 2026	12:30pm Meeting ID: 359 004 013 4333 Passcode: e4ch6pE7	5:30pm Meeting ID: 359 004 013 4333 Passcode: e4ch6pE7
Understanding low mood Thursday 16 th July 2026	12:30pm Meeting ID: 347 010 276 371 2 Passcode: qc3sT7bm	5:30pm Meeting ID: 347 010 276 371 2 Passcode: qc3sT7bm
Children's Mental Health in a Digital Age Thursday 20 th August 2026	12:30pm Meeting ID: 329 113 282 619 7 Passcode: Ys7i9VV7	5:30pm Meeting ID: 329 113 282 619 7 Passcode: Ys7i9VV7

