

# HERTFORDSHIRE



# JUST TALK CAMPAIGN WEEK WEBINARS

WEEK 16-22 NOVEMBER 2020

During the week of 16-22 November, Young People, Parents/Carers and Professionals can sign up to FREE webinars on topics such as:

- The Importance of Sleep for Teenagers
- Five Ways to Wellbeing
- Mindfulness for School Staff
- Managing Separation Anxiety
- Developing Resilience
- Health, Nutrition and Wellbeing
- Wellbeing for Parents/Carers
- Mental Health & Wellbeing for Young People

To  
book  
visit:



To make it as easy as possible for you to get involved in this year's Just Talk campaign week, we've put everything online.



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