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| |  |  | | --- | --- | | |  | | --- | | T | | | |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Girl walking away down a city pavement | | | | | |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  |  |  |  | | --- | --- | --- | --- | | |  | | --- | | **The Charlie Waller Trust**  **Our summer webinar timetable is now live!** | | Ever wondered what's the best way to help a child with special educational needs or disabilities? Or do you want to know more about how to support a young person through an eating disorder, thoughts of suicide or anxiety?  In the coming months you can learn all this and more as we're delighted to launch a brand new series of [our mental health webinars](http://link.charliewaller.org/c/7/eyJhaSI6Nzc3NDk3OTAsImUiOiJqb2FubmUubGl2c2V5QGNhcnJlcy51ayIsInJpIjoiY29udGFjdC1jOTkwNmQzODBlNzZlYjExYTgxMjAwMjI0ODQxNDE3Ny04NTg0OGIwOGE2ZTI0ZmY1OWNmNDFmZDJjOTIwYTU1NCIsInJxIjoicDEtYjIyMTY3LWYxZTJhMDY3MDRjZjRkYmQ4MzNlNGQ0NzQxNTAyODVjIiwicGgiOm51bGwsIm0iOnRydWUsInVpIjoiMCIsInVuIjoiIiwidSI6Imh0dHBzOi8vYml0Lmx5LzNRbHdJdTE_X2NsZGVlPVRjN0lHMXN1ZVpvcXJrekxlMWloV1Ezb2Z6RUd5STNfVlR6dEVlSkNTN2tqSm5UamZmY2pUX1NDTjRTWXRodE4mcmVjaXBpZW50aWQ9Y29udGFjdC1jOTkwNmQzODBlNzZlYjExYTgxMjAwMjI0ODQxNDE3Ny04NTg0OGIwOGE2ZTI0ZmY1OWNmNDFmZDJjOTIwYTU1NCZlc2lkPTMzYjBlMThiLWNiZWItZWMxMS1iYjNjLTAwMGQzYTBiMGE3YyJ9/ItbpiEzFLjnYeN_k7X1pKw)!  Described by an attendee as *'the most helpful webinars I've attended in a while,'* our webinars are primarily aimed at parents and carers. They're also perfect for professionals who work with young people in any capacity, as well as young people themselves. However, anyone with an interest in mental health is welcome to join! | |  | | | | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | Upcoming topics  **Transitions to adulthood: How do they feel and how can we help those going through them?**  Julie Castleman and Alice Palmer  [Thursday 7 July 12-2pm](http://link.charliewaller.)  [Monday 18 July 6-8pm](http://link.charliewaller.)  **Eating disorders in children and adolescents**  Jenny Langley  [Wednesday 13 July 12-2pm](http://link.charliewaller.)  [Tuesday 26 July 6-8pm](http://link.charliewaller.)  **The teen brain**  Lisa Thomson  [Monday 1 August 12-2pm](http://link.charliewaller.)  [Monday 15 August 6-8pm](http://link.charliewaller._InQyOkjwiqsVnlQbA)  **Adolescence, angst and anxiety: How to support young people**  Gemma Fieldsend  [Wednesday 10 August 12-2pm](http://link.charliewaller.)  [Tuesday 16 August 6-8pm](http://link.charliewaller.)  **Supporting a young person experiencing thoughts of suicide**  Julie Castleman  [Wednesday 7 September 12-2pm](http://link.charliewaller._BfEyD7HqLHtuS1hRY7RUw)  [Tuesday 20 September 6-8pm](http://link.charliewaller.org/c/7/eyJhaSI6Nzc3NDk3OTAsImUiOiJqb2FubmUubGl2c2V5QGNhcnJlcy51ayIsInJpIjoiY29udGFjdC1jOTkwNmQzODBlNzZlYjExYTgxMjAwMjI0ODQxNDE3Ny04NTg0OGIwOGE2ZTI0ZmY1OWNmNDFmZDJjOTIwYTU1NCIsInJxIjoicDEtYjIyMTY3LWYxZTJhMDY3MDRjZjRkYmQ4MzNlNGQ0NzQxNTAyODVjIiwicGgiOm51bGwsIm0iOnRydWUsInVpIjoiMTIiLCJ1biI6IiIsInUiOiJodHRwczovL3d3dy5ldmVudGJyaXRlLmNvLnVrL2Uvc3VwcG9ydGluZy1hLXlvdW5nLXBlcnNvbi1leHBlcmllbmNpbmctdGhvdWdodHMtb2Ytc3VpY2lkZS0yMC1zZXAtdGlja2V0cy0zNDg2MzA5OTM2ODc_YWZmPVN1aWNpZGUyMFNlcEVtYWlsJl9jbGRlZT1UYzdJRzFzdWVab3Fya3pMZTFpaFdRM29mekVHeUkzX1ZUenRFZUpDUzdrakpuVGpmZmNqVF9TQ040U1l0aHROJnJlY2lwaWVudGlkPWNvbnRhY3QtYzk5MDZkMzgwZTc2ZWIxMWE4MTIwMDIyNDg0MTQxNzctODU4NDhiMDhhNmUyNGZmNTljZjQxZmQyYzkyMGE1NTQmZXNpZD0zM2IwZTE4Yi1jYmViLWVjMTEtYmIzYy0wMDBkM2EwYjBhN2MifQ/IHhAskJ8RVkBtLaw7HOnbg)  **Asking for help: What are the barriers and how can we overcome them?**  Alice Palmer and Gemma Howard  [Monday 26 September 12-2pm](http://link.charliewaller._8oJHar797RtbXZ62w)  [Monday 7 November 12-2pm](http://link.charliewaller.)    **Supporting children and young people with special educational needs and disability (SEND)**  Jo Billington  [Wednesday 5 October 12-2pm](http://link.charliewaller._b78sA)  [Tuesday 18 October 6-8pm](http://link.charliewaller.)    **Relationships matter**  Lisa Thomson  [Tuesday 11 October 12-2pm](http://link.charliewaller.org/c/7/eyJhaSI6Nzc3NDk3OTAsImUiOiJqb2FubmUubGl2c2V5QGNhcnJlcy51ayIsInJpIjoiY29udGFjdC1jOTkwNmQzODBlNzZlYjExYTgxMjAwMjI0ODQxNDE3Ny04NTg0OGIwOGE2ZTI0ZmY1OWNmNDFmZDJjOTIwYTU1NCIsInJxIjoicDEtYjIyMTY3LWYxZTJhMDY3MDRjZjRkYmQ4MzNlNGQ0NzQxNTAyODVjIiwicGgiOm51bGwsIm0iOnRydWUsInVpIjoiMTciLCJ1biI6IiIsInUiOiJodHRwczovL3d3dy5ldmVudGJyaXRlLmNvLnVrL2UvcmVsYXRpb25zaGlwcy1tYXR0ZXItdGlja2V0cy0zNjU1OTY4ODkxMzc_YWZmPVJlbGF0aW9uc2hpcHMxMU9jdEVtYWlsJl9jbGRlZT1UYzdJRzFzdWVab3Fya3pMZTFpaFdRM29mekVHeUkzX1ZUenRFZUpDUzdrakpuVGpmZmNqVF9TQ040U1l0aHROJnJlY2lwaWVudGlkPWNvbnRhY3QtYzk5MDZkMzgwZTc2ZWIxMWE4MTIwMDIyNDg0MTQxNzctODU4NDhiMDhhNmUyNGZmNTljZjQxZmQyYzkyMGE1NTQmZXNpZD0zM2IwZTE4Yi1jYmViLWVjMTEtYmIzYy0wMDBkM2EwYjBhN2MifQ/wWcgICino6-hPYmfa8NE2g)  [Monday 24 October 6-8pm](http://link.charliewaller.org/c/7/eyJhaSI6Nzc3NDk3OTAsImUiOiJqb2FubmUubGl2c2V5QGNhcnJlcy51ayIsInJpIjoiY29udGFjdC1jOTkwNmQzODBlNzZlYjExYTgxMjAwMjI0ODQxNDE3Ny04NTg0OGIwOGE2ZTI0ZmY1OWNmNDFmZDJjOTIwYTU1NCIsInJxIjoicDEtYjIyMTY3LWYxZTJhMDY3MDRjZjRkYmQ4MzNlNGQ0NzQxNTAyODVjIiwicGgiOm51bGwsIm0iOnRydWUsInVpIjoiMTgiLCJ1biI6IiIsInUiOiJodHRwczovL3d3dy5ldmVudGJyaXRlLmNvLnVrL2UvcmVsYXRpb25zaGlwcy1tYXR0ZXItdGlja2V0cy0zNjU2MTA1OTAxMTc_YWZmPVJlbGF0aW9uc2hpcHMyNE9jdEVtYWlsJl9jbGRlZT1UYzdJRzFzdWVab3Fya3pMZTFpaFdRM29mekVHeUkzX1ZUenRFZUpDUzdrakpuVGpmZmNqVF9TQ040U1l0aHROJnJlY2lwaWVudGlkPWNvbnRhY3QtYzk5MDZkMzgwZTc2ZWIxMWE4MTIwMDIyNDg0MTQxNzctODU4NDhiMDhhNmUyNGZmNTljZjQxZmQyYzkyMGE1NTQmZXNpZD0zM2IwZTE4Yi1jYmViLWVjMTEtYmIzYy0wMDBkM2EwYjBhN2MifQ/nQhyATY1ttfxb9V-luJygQ)    **Social media: Connecting us or creating distance?**  Alice Palmer, Haleem Clift and Sarah Ashworth  [Tuesday 15 November 12-2pm](http://link.charliewaller.org/c/7/eyJhaSI6Nzc3NDk3OTAsImUiOiJqb2FubmUubGl2c2V5QGNhcnJlcy51ayIsInJpIjoiY29udGFjdC1jOTkwNmQzODBlNzZlYjExYTgxMjAwMjI0ODQxNDE3Ny04NTg0OGIwOGE2ZTI0ZmY1OWNmNDFmZDJjOTIwYTU1NCIsInJxIjoicDEtYjIyMTY3LWYxZTJhMDY3MDRjZjRkYmQ4MzNlNGQ0NzQxNTAyODVjIiwicGgiOm51bGwsIm0iOnRydWUsInVpIjoiMTkiLCJ1biI6IiIsInUiOiJodHRwczovL3d3dy5ldmVudGJyaXRlLmNvLnVrL2Uvc29jaWFsLW1lZGlhLWNvbm5lY3RpbmctdXMtb3ItY3JlYXRpbmctZGlzdGFuY2UtdGlja2V0cy0zNjAyOTc0Nzg0NTc_YWZmPVNvY2lhbE1lZGlhMTVOb3ZFbWFpbCZfY2xkZWU9VGM3SUcxc3VlWm9xcmt6TGUxaWhXUTNvZnpFR3lJM19WVHp0RWVKQ1M3a2pKblRqZmZjalRfU0NONFNZdGh0TiZyZWNpcGllbnRpZD1jb250YWN0LWM5OTA2ZDM4MGU3NmViMTFhODEyMDAyMjQ4NDE0MTc3LTg1ODQ4YjA4YTZlMjRmZjU5Y2Y0MWZkMmM5MjBhNTU0JmVzaWQ9MzNiMGUxOGItY2JlYi1lYzExLWJiM2MtMDAwZDNhMGIwYTdjIn0/vSuvuo1iPL7qbgrnWvazjw)  [Monday 28 November 6-8pm](http://link.charliewaller.org/c/7/eyJhaSI6Nzc3NDk3OTAsImUiOiJqb2FubmUubGl2c2V5QGNhcnJlcy51ayIsInJpIjoiY29udGFjdC1jOTkwNmQzODBlNzZlYjExYTgxMjAwMjI0ODQxNDE3Ny04NTg0OGIwOGE2ZTI0ZmY1OWNmNDFmZDJjOTIwYTU1NCIsInJxIjoicDEtYjIyMTY3LWYxZTJhMDY3MDRjZjRkYmQ4MzNlNGQ0NzQxNTAyODVjIiwicGgiOm51bGwsIm0iOnRydWUsInVpIjoiMjAiLCJ1biI6IiIsInUiOiJodHRwczovL3d3dy5ldmVudGJyaXRlLmNvLnVrL2Uvc29jaWFsLW1lZGlhLWNvbm5lY3RpbmctdXMtb3ItY3JlYXRpbmctZGlzdGFuY2UtdGlja2V0cy0zNjAzMDIxMjIzNDc_YWZmPVNvY2lhbE1lZGlhMjhOb3ZFbWFpbCZfY2xkZWU9VGM3SUcxc3VlWm9xcmt6TGUxaWhXUTNvZnpFR3lJM19WVHp0RWVKQ1M3a2pKblRqZmZjalRfU0NONFNZdGh0TiZyZWNpcGllbnRpZD1jb250YWN0LWM5OTA2ZDM4MGU3NmViMTFhODEyMDAyMjQ4NDE0MTc3LTg1ODQ4YjA4YTZlMjRmZjU5Y2Y0MWZkMmM5MjBhNTU0JmVzaWQ9MzNiMGUxOGItY2JlYi1lYzExLWJiM2MtMDAwZDNhMGIwYTdjIn0/QgH9cwIjKtejfwtRo41B5Q)    **Developing resilience in sensitive children and young people**  Sarah Ashworth  [Wednesday 7 December 12-2pm](http://link.charliewaller.)  [Thursday 15 December 6-8pm](http://link.charliewaller.) | |  |  |  | | --- | --- | | |  | | --- | |  | | | |  | | --- | |  | | | | | |  |  |  |  | | --- | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | |  | |  |  | | --- | | What people say about our webinars  *"The most helpful webinars I've attended in a while!"*    *"Full of practical strategies that I can action straight away."*    *"I haven't met anyone as expert as you in alerting us to the helpful things we can do. I will use these skills to support my grandchildren. I wish I had this understanding 20 years ago!"*    *"I've done over 30 other webinars recently and yours stand out because of the scientific base which underpins the talks and the dynamism of the speakers."* | | | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  | | --- | |  | |  | |  |  |  | | --- | --- | | |  | | --- | |  | | |  | | | | |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  | | --- | |  | |  | | | | |