# ONLINE PARENTING WEBINARS 2026

DELIVERED BY HSE MID-WEST PRIMARY CARE CLINICIANS
PROVIDED ONLINE FOR PARENTS, GUARDIANS AND CAREGIVERS

## NAVIGATING SCHOOL ANXIETY

17TH SEPTEMBER, 10AM - 11.30AM

## SUPPORTING RELUCTANT SPEAKERS

15TH OCTOBER, 10AM - 11.30AM

## SUPPORTING YOUR TEEN'S EMOTIONAL WELL-BEING

12TH NOVEMBER, 10AM - 11.30AM

## PARENTING LITTLE CHILDREN

10TH DECEMBER, 10AM - 11.30AM

## HOW TO SIGN UP?

- Online Webinars are delivered by the HSE Mid West Primary Care Psychology Team and other Primary Care Therapists where relevant to the topic.
- Available for professionals, parents, guardians and caregivers living in the Mid-West.
- To be added to the mailing list and receive information on registration for the monthly webinars please email: **PrimaryCareChildAndFamilyPsychologyService@hse.ie**