

Virtual Sessions with Kooth



Book for free here

Monday 17th February

Managing anxiety with self care
Session for those aged 11-18

10:00am-11:00am

Tuesday 18th February

What is Kooth?
Session for parents & carers

2:30pm-3:30pm

Wednesday 19th February

Managing anxiety with self care
Session for those aged 11-18

11:30am-12:30pm

Friday 21st February

Managing anxiety with self care
Session for those aged 11-18

2:00pm-3:00pm

Friday 21st February

Young People's Online Safety
Session for parents and carers

4:00pm-5:00pm



kooth.com

Kooth provides free, safe, anonymous mental health support and counselling for all 11-18 year olds in Devon

