



**Free Webinars
on Zoom**

For Parents with Primary 3 - 6 Children

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Registration closes
on 21 July 2025.

Helping Your Child Cope with Exam Stress

**22 July 2025, Tuesday
12 pm - 1 pm**



**Help your child build
resilience, confidence,
and a positive approach
to academic challenges!**

**Learn practical strategies to help your child
manage and alleviate exam-related stress
effectively.**

Topics Covered:

- What are Stressors?
- Symptoms of Exam Stress
- Overcoming Failure
- Ways to Minimise Exam Stress



**Triple P Certified
Speaker**

Ms Caroline David
*Family Life Educator,
Counsellor*



Ms Caroline David holds a Masters in Guidance and Counselling from James Cook University. With more than 15 years of experience, she comes with a wealth of knowledge and practical advice in the areas of parenting and connecting with children. She has conducted numerous parenting workshops and talks.

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you by:**



Email Enquiry:

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