

Exam Stress Drop Ins

Is your child or someone you work with (aged 5 – 18 years) struggling with exam stress?
Why not drop in and meet children's therapists to discuss what you can do to support? Learn
more about strategies to support with exam stress.
Free resources to take home.

Venue: Blaydon Primary Care Centre, Shibdon Rd, NE21 5NW
Date: Thursday 3rd April
Time: Professionals - 14:30 - 15:30 Parents/Carers - 15:30 - 16:30

Venue: Christ Church Felling, Gateshead NE10 0HQ
Date: Wednesday 9th April
Time: Professionals - 10:00 - 11:00 Parents/Carers - 11:00 - 12:00

Venue: Gateshead Central Library, Prince Consort Rd, NE8 4LN
Date: Thursday 10th April
Time: Professionals - 14:30 - 15:30 Parents/Carers - 15:30 - 16:30

Venue: Winlaton Centre, North Street, NE21 6BY
Date: Thursday 10th April
Time: Professionals - 09:30 - 10:30 Parents/Carers - 10:30 - 11:30

Venue: Wrekenton Family Hub, Gateshead, NE9 7JR
Date: Friday 11th April
Time: Professionals - 09:30 - 10:30 Parents/Carers - 10:30 - 11:30

Venue: Whickham Library, 9 Front St, Whickham, NE16 4DN
Date: Monday 14th April
Time: Professionals - 14:30 - 15:30 Parents/Carers - 15:30 - 16:30



supporting people, communities and GPs
Service provided by South Tyneside and Sunderland NHS Foundation Trust

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Venue: Baltic Centre for Contemporary Art, Gateshead NE8 3BA
Date: Wednesday 16th April
Time: Professionals - 10:00 - 11:00 Parents/Carers - 11:00 - 12:00

Venue: Birtley Leisure Centre, Durham Rd, DH3 2TB
Date: Monday 21st April
Time: Professionals - 14:30 - 15:30 Parents/Carers - 15:30 - 16:30

Venue: Dunston, Unit 2, Clockmill Rd, Dunston, Gateshead NE8 2QX
Date: Thursday 24th April
Time: Professionals - 09:00 - 10:00 Parents/Carers - 10:00 - 11:00



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