

# FREE and Exclusive Event for Parents and Carers in Essex

Under pressure? How to help your teen prepare for their future

**FUTURE**   
**FORWARD**

» 23rd November 2019 09:30-16:00 **University of Essex, Colchester** «

Help your child with the transition between Year 11, sixth form or college towards higher education and their future beyond.

## SUPPORT WITH

- » Practical revision skills
- » Stress management and resilience
- » How to help guide your child's decision making
- » Student finance

## LOOKING TO THE FUTURE

- » Explore a university campus
- » Look around student accommodation
- » Chat to current undergraduate students

Lunch and refreshments will be provided and reasonable travel costs will be covered.

To reserve your space and to find out more, please visit:  
[makehappen.org/future-forward](http://makehappen.org/future-forward)

\*\* Please note that this event is exclusive to parents only. Unfortunately we are unable to accommodate children