

WORKSHOP: SUPPORTING PARENTS TO SUPPORT THEIR CHILDREN'S MENTAL HEALTH & WELLBEING

Guest Speaker: Sharon Hayden



Five ways to **wellbeing**

This programme supports parents to encourage and promote positive mental health and wellbeing in their children. The programme also explores how the building of resilience in children helps them to manage and cope with the day to day stresses of life as they occur. Parents who attend this session will:

- Explore the factors that influence mental health and well being in their child
- Learn how to build and nurture resilience within their own child
- Understand what children need for positive mental health and well being
- Look at ways in promoting wellbeing in your children
- Be given tips on how best to support their child's positive mental health and wellbeing

Monday, 8th October 2018 @ 7:45pm

The Heath National School, Greatheath, Co Laois R32 XW40

ALL WELCOME. FREE OF CHARGE

