



Supporting Parents
Supporting Children

NATIONAL PARENTS COUNCIL

Important information for parents of children in secondary school

LET'S TALK: EXAM STRESS WITH DR. COLMAN NOCTOR

WHEN: 7: 30PM, WEDNESDAY, 26TH OF APRIL

WHERE: ONLINE

Are you a parent of a child who is preparing for their junior certificate or leaving certificate this year?

If so, this FREE webinar is for you!

REGISTER

Dr. Colman Noctor is a Child and Adolescent Psychoanalytical Psychotherapist. He has worked across a range of Child & Adolescent Mental Health Services in Ireland and abroad and has a wealth of national and international clinical experience.

In this session, Colman will provide practical advice for parents to support their children's exam preparation including:

- Exam Stress: Yours and theirs,
- Time Management: Studying too much/ not enough
- Exam Time: How to support your child

HELPLINE

The NPC helpline is a confidential service for parents. The helpline staff listens and gives information and support to parents to help them make the best possible decisions for and with their children.

You can contact our Helpline from 10 am to 4 pm, Monday to Friday by phone Tel: 01 8874477, email: helpline@npc.ie and webchat via our website www.npc.ie

BECOME A MEMBER

NPC is the national representative organisation for parents of children in education. We provide a helpline, training, representation, information, and support to parents

Sign up your Parents' Association to NPC by clicking here:

<https://www.npc.ie/membership/sign-up-online>

MAILING LIST

If you would like to be kept up to date with all NPC activities, consultations, trainings, and events, please sign up to our mailing list. Click here for signing up now!

Sign Up

Coming Soon

Parents' Association Training for Secondary Schools!

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www.npc.ie