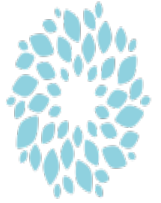




Supporting Parents
Supporting Children

St Patrick's
Mental Health Services



Supporting Parents to Support their Children's Mental Health and Wellbeing



Venue: Mullingar Park Hotel, Dublin Rd, Marlinstown Bog,
Mullingar, Co. Westmeath, N91 84EP

Date: Thursday, 17th October 2019

Time: 7:30pm

Parents who attend this session will:

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

ADMISSION FREE

All parents of primary school children are welcome to attend