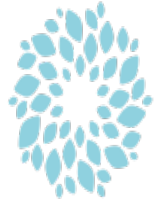




Supporting Parents  
Supporting Children

St Patrick's  
Mental Health Services



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



**Venue:** Seven Oaks Hotel, Athy Road, Carlow

**Date:** Thursday, 17<sup>th</sup> 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