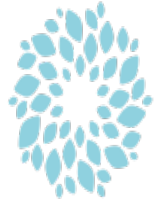




Supporting Parents
Supporting Children

St Patrick's
Mental Health Services



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



Venue: The Vienna Woods Hotel,
Dunkettle, Glanmire, Co. Cork, T45 V065

Date: Wednesday, 16th 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