

ST. ANNE'S PSG PRESENTS:

A NATIONAL PARENTS COUNCIL TALK



“SUPPORTING PARENTS TO SUPPORT THEIR CHILDREN’S MENTAL HEALTH AND WELLBEING”

PRESENTED BY: MARIANNE MCGILL



Admission: Free

Tuesday, 12th March 2019

Time: 7.30PM

Venue: School Hall

This programme supports parents to encourage and promote positive mental health and wellbeing in their children. It 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:

1. Explore the factors that influence mental health and well being in their child.
2. Learn how to build and nurture resilience within their own child.
3. Be given tips on how best to support their child’s positive mental health and wellbeing.

ALL PARENTS WELCOME TO ATTEND