

With the start of November, we are glad to be bringing another batch of interactive sessions designed by National Parents Council Primary just for you! This time the sessions are based around **Mental Health Training: 'Supporting parents of primary school children to support their children's mental health and wellbeing'**.

Please note that these sessions are completely online, and you will have to register prior to the event date for the link to the session. The **registration link** is provided below.

This is a FREE online training programme by National Parents Council Primary in conjunction with St. Patrick's Mental Health Services.

This programme **supports parents to encourage and promote positive mental health and wellbeing in their primary school children**. The programme 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 online session will:

- Explore the factors that influence mental health and wellbeing in their child
- Learn how to build and nurture resilience within their own child
- Be given tips on how best to support their child's positive mental health and wellbeing

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Where and When: Sessions will be taking place **online** via Zoom in the morning (10am) and evening (7.30pm) on **9th, 10th, 14th, 15th, 16th, and 17th of November**, with additional morning sessions (10am) on Friday the **11th** and Friday the **18th of November**.

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If you would be interested in attending (virtually) one of these online sessions, please register your details

here: https://www.surveymonkey.com/r/Supporting_your_primary_school_childrens_mental_health_Nov2022

These sessions are open to all parents of primary school children. Please forward the details to other parents.

Please note these sessions will be interactive allowing parents to participate and hence places are limited and will be allocated on a first come first served basis.