



Mental Health Awareness Initiative

Presentation for Parents & Guardians of post primary pupils

This one hour presentation will be of interest to parents, guardians and other adults interested or concerned about young people's mental health.

As a result of this presentation, participants will:

- Gain an understanding of the key issues impacting on the mental health and wellbeing of young people
- Learn to promote positive mental health in young people
- Understand how to recognise some of the signs that a young person may be struggling with their mental health
- Learn the value of listening as a way of supporting young people

Venue: Dublin West Education Centre

Date: Wednesday, 5 April 2017

Time: 7.00 – 8.30 pm

To register to attend please email skerr@dwec.ie with your name and mobile number