



## Mental Health & Wellbeing

### Workshop for Parents

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

**Date:** Thursday 21<sup>st</sup> March 2019

**Time:** 7.30pm start - This is a two and a half hour session.

**Venue:** Mayo Education Centre

**Facilitator:** Helen Mortimer (National Parents Council) is the former National Anti-Bullying Coordinator with the ISPC. She currently works with LGBT Ireland as their E-learning Development Officer and with Teach Solais Resource Centre as a Community Health worker. She has an MA in Family Support, a BA in English & Psychology, and a BA in Education & Training. She has thirty years' experience working in the violence against women sector, with particular interest in supporting children who experience domestic abuse. Helen has extensive research experience focusing on better outcomes for children, resilience and the promotion of empathy.

**This programme is Free of charge and is organised in collaboration with  
The Family Centre, Castlebar**

To book, log onto Mayo Education Centre's website at  
[www.MayoEducationCentre.ie](http://www.MayoEducationCentre.ie)  
or contact Mayo Education Centre on 094 9020700



National Parents Council Primary