

Youth Mental Health Talks For Parents, Sligo

Youth Mental Health

Talk by Mary Hough, Director, Sligo Education Centre. This information session will familiarise parents with how to promote mental health in young people, help them to understand how to recognise some of the signs that a young person maybe struggling with their mental health and explore the value of listening as a way of supporting young people.

Date	Time	Venue
Tuesday, 26 th September	7pm – 9pm	Sligo Education Centre
Tuesday, 7 th November	7pm – 9pm	Pastoral Centre, Ballymote (opp Catholic Church)

Communicating with your pre-teen/teenager

Talk by Alan Gregory, Senior Psychologist, NEPS. *When your child talks to everyone, anyone..... except you.....* A Talk on what to say (or not) when parenting teens...

Date	Time	Venue
Tuesday, 3 rd October	7pm – 9pm	Sligo Education Centre
Tuesday, 5 th December	7pm – 9pm	Pastoral Centre, Ballymote (opp Catholic Church)

Cyber Bullying

Talk by Mary Hough, Director, Sligo Education Centre; Children and young people are engaging more and more with the internet and social media. They need skills to keep themselves safe in the cyber world. This session informs parents on how children are interacting online and what strategies parents should use to promote internet safety

Date	Time	Venue
Tuesday, 10 th October	7pm – 9pm	Sligo Education Centre
Tuesday, 14 th November	7pm – 9pm	Pastoral Centre, Ballymote (opp Catholic Church)

Alcohol and the Development of the Adolescent Brain

Talk by Dr.Helen McMonagle, Alcohol- Related Brain Injuries Rehabilitation Co-ordinator, Alcohol Forum. *While teenagers may physically look similar to adults, their brains are still developing.* This talk explores brain development during adolescence, how this manifests in adolescent behaviour and the impact of alcohol use during this critical time.

Date	Time	Venue
Tuesday, 17 th October	7pm – 9pm	Sligo Education Centre
Tuesday, 28 th November	7pm-9pm	Pastoral Centre, Ballymote (opp Catholic Church)

Promoting & Encouraging Self-Esteem and Resilience

Talk by Mark O'Callaghan, Head of HSE Psychology Service for Sligo, Leitrim and West Cavan. This talk will explore the factors which impact on a young person's self-esteem and how we can foster self-esteem in teenagers.

Date	Time	Venue
Tuesday, 24 th October	7pm – 9pm	Sligo Education Centre
Tuesday, 21 st November	7pm-9pm	Pastoral Centre, Ballymote (opp Catholic Church)

These talks have been organised by the Sligo/Leitrim Youth Mental Health Initiative and Sligo/Leitrim Children & Young People's Services Committee

If you are interested in attending this public talk, please send an email with your name to

info@ecsligo.ie or telephone 0719138700

BOOKING ESSENTIAL

These Talks are FREE



Sligo Education Centre



Sligo/Leitrim Youth Mental Health Initiative