

Dear Parents,

It's school season again and we at National Parents Council Primary are buzzing with excitement to bring you a range of interactive sessions around mental health of your children and around your Parents' Association! You can read more about both these sessions below. 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 links will be provided under each session information below.



**Supporting Parents  
Supporting Children**

### **Mental Health Training Session: Supporting parents to support their children's mental health and wellbeing**

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 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

**Where and When:** Sessions will be taking place **online** via Zoom in the morning (10am) and evening (7.30pm) from Monday the 26<sup>th</sup> to Thursday the 29<sup>th</sup> of April, with an additional morning session (10am) on Friday the 30<sup>th</sup>.

**If you would be interested in attending (virtually) one of these online sessions, please register your details here: ?<https://www.surveymonkey.com/r/MentalHealthSept2022>**

These sessions are open to all parents of children in Primary School. 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.**

### **Free online Parents' Association Clinics: 'Jumpstart' your PA (Reenergizing your PA after the lull) - 28<sup>th</sup> and 30<sup>th</sup> September**

Our interactive clinics aim to support parents to explore what Parents' Associations can be doing to reenergize your PA after the two years of restrictions that was brought about by COVID. The first of these sessions will take place at **7: 30 pm** and the second one at **10 AM**. Please note, we are offering these sessions to our members before forwarding this information to non-members.

There will be a short presentation followed by the opportunity to ask questions and share your experience of what your PA is doing and some of the challenges you may be experiencing.

#### **Who are the clinics for?**

- Established Parents' Associations who may be struggling right now
- Working Parents' Associations who want to explore or share ideas for new activities

**Please register to attend here: <https://www.surveymonkey.com/r/ParentsAssociationClinicSep2022>**

**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.**

Kind regards,

**Sharon Hopkins**