



# SUPPORTING YOUR CHILD'S MENTAL HEALTH

## AS WE EMERGE FROM A GLOBAL PANDEMIC

information evening for parents

As restrictions lift, research is beginning to emerge about the impact of Covid-19 and the pandemic on the mental health and wellbeing of young people.

This workshop will look at:

- what the evidence tells about the impact of the pandemic on youth mental health
- when to be concerned as we adjust to the 'new normal'
- how parents can support the mental health of their teenagers

**Date :** Thursday 7th April

**Time :** 8pm

**Venue:** Sion Hill Concert Hall

