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





This session will be delivered by Jen Trzeciak, a Mental Health Occupational Therapist who has supported young people throughout the pandemic. Jen specialises in working with young people and parents.