

**National Parents Council Primary (NPC)
Donegal County Branch Presents:**



**Supporting Parents
Supporting Children**

'Supporting Parents to Support their Children's Mental Health & Wellbeing'

**Date:
Monday 13th
November 2017**

**Venue:
Mount Errigal Hotel,
Letterkenny**

**Time:
7:30pm**

Positive mental health and wellbeing enables young people to lead fulfilling lives. It is recognised that the family is the primary source of nurturing and support for children and it plays a central role in the promotion of their positive mental health.

This session supports parents in encouraging and promoting positive mental health and wellbeing in their children and 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.

The evening will commence with a brief introduction to NPC and the election of NPC
Assembly representatives

ADMISSION FREE!

**All parents of primary school children are welcome
Please circulate this invitation to all parents**

NPC in conjunction with St. Patrick's Mental Health Services



**St Patrick's
Mental Health Services**