***Youth Mental Health Talks For Parents, Sligo***

***Youth Mental Health***

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| 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. |

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

***Communicating with your pre-teen/teenager***

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| 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… |

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

***Cyber Bullying***

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| 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  |

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

***Alcohol and the Development of the Adolescent Brain***

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| 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. |

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

***Promoting & Encouraging Self-Esteem and Resilience***

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| 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. |

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| **Date** | **Time** | **Venue** |
| Tuesday, 24th October | 7pm – 9pm | Sligo Education Centre |
| Tuesday, 21st 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/Leitrim Youth Mental Health Initiative

Sligo Education Centre