

National Parents Council Primary (NPC)

Cork East County Branch Presents:

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



**Supporting Parents
Supporting Children**

Date:

**Wednesday 6th
December 2017**

Venue:

**Vienna Woods Hotel,
Glanmire, Cork**

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**