



JPA connect
johnstown parents' association

Supporting your Child's Positive Mental Health and Wellbeing

Venue: Johnstown Girls' School

Date: Tuesday 28th May 2019

Time: 7.30 - 9.30

The Johnstown Parents' Association (JPA) has invited the National Parents Council Primary to provide a training programme in conjunction with St. Patrick's Mental Health services.

This programme supports parents to encourage and promote positive mental health and wellbeing in their children. The programme 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.

As this event is sponsored by the JPA and supported by the schools we hope it will be well attended by parents/guardians. To book your place, please e-mail srey71@hotmail.com.

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If you have any suggestions for future talks/ training programmes, please e-mail JPA connect jpaconnect@gmail.com or through our website, www.jpconnect.com.

We would love to hear from you!