



Dear Parents ,

Are you interested in learning how to support your young child's mental health and wellbeing? In partnership with St. Patrick's Mental Health Services, the National Parents Council (NPC) is offering **free online webinars** that provide parents with practical advice on fostering a positive and nurturing environment for young children. ✨

The first five years are crucial for your child's long-term mental health, and the information in these sessions can empower you to support their social and emotional development through everyday interactions.

SUPPORTING YOUR CHILD'S POSITIVE MENTAL HEALTH IN THE EARLY YEARS
 THE NATIONAL PARENTS COUNCIL INVITES YOU TO A FREE ONLINE INFORMATION SESSION
11TH - 15TH OF NOVEMBER 10AM-7.30PM

NPC
SUPPORTING PARENTS
SUPPORTING CHILDREN

HAVE ANY QUESTIONS?
CONTACT US @
TEL : 01 887 4034
EMAIL : INFO@NPC.IE

SCAN HERE TO REGISTER

November Session Dates and Times:

- **Monday, 11th November** at 7.30pm
- **Tuesday, 12th November** at 10am & 7.30pm
- **Wednesday, 13th November** at 10am & 7.30pm
- **Thursday, 14th November** at 7.30pm
- **Friday, 15th November** at 10am

What You Will Learn:

This programme covers essential topics to help you support your child's mental health, including:

- Meeting your child's needs through everyday interactions
- Helping your child manage emotions and cope with challenges
- Building resilience and fostering a positive parent-child relationship
- Promoting children's rights for a mentally healthy life

Each interactive session includes time for a Q&A, allowing you to ask questions and receive guidance from our experienced facilitators.

How to Join:

To secure your place, simply click the registration link below, and we'll send you a Zoom link to join the session.

[Register Here](#)

Please note that places are limited and will be allocated on a first-come, first-served basis, so don't miss out on this opportunity to support your child's early mental health journey!

Warm regards,
National Parents Council

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