



WEBINAR: SUPPORTING MY ADOLESCENT: POST PRIMARY PARENT WEBINAR

DATE: Thursday, 11th February 2021 TIME: 7 p.m. FACILITATOR: Nicola Culloty

Description:

This webinar will offer practical advice to parents who once again find themselves juggling home and school in one place. This webinar will explore how to support and motivate adolescents. It will also identify ways that we can make space for emotions and build connection

Topic Areas:

Parent Wellbeing; Adolescent Wellbeing; Cognitive Behavioural Therapy; Mental Health; Wellbeing; Homeschooling; Covid 19.

HOW TO BOOK FOR THIS WEBINAR on Thursday, 11th February 2021 at 7 p.m.

Click on the LINK below to obtain your Zoom Link Webinar

https://zoom.us/webinar/register/WN_9RPDOomISyS9KjY1x_0MVg