



WORKSHOPS- Spring 2020

Primary Care & Child Psychology Service

Kilkenny

Tel: 056 7784613

Parenting Tips & Strategies (2 session workshop)

This course is aimed at parents of children aged 2 to 12 years. The emphasis in these workshops will be on providing tips, skills and ideas to help build on your own skills as a parent. A particular focus will be placed on enhancing the parent-child relationship, encouraging positives and discouraging negatives.

Scheduled: Monday 10/02/20 & 24/02/20

Managing Strong Emotions

This workshop aims to provide parents with new ways to understand and respond to strong, and sometimes challenging, emotional states in their children.

**Scheduled: Wednesday 08/01/20
Thursday 27/02/20**

Ready Steady Relax

This workshop offers parents the opportunity to learn skills to help them manage anxiety and stress in their children.

Scheduled: Wednesday 22/01/20

Managing Mood Difficulties

Whilst we all experience ups and downs, some young people feel down for longer periods of time which can affect their everyday lives. This workshop provides parents with an increased understanding of mood difficulties and offers practical steps that they can take to support their children.

Scheduled: Wednesday 26/02/20

Parenting in the Digital Age

As if parenting wasn't complicated enough, parents of this generation have the added task of managing their child's use of media & technology. This workshop aims to provide information on the role social media plays in your child's life, the impact it can have on physical/mental health and how you can set boundaries and regulate your child's media use.

Scheduled: Tuesday 10/03/20

Sleep Hygiene for Children & Adolescents

Making sure your child is getting enough sleep can be a real struggle for lots of parents. This workshop aims to increase parental understanding around sleep, why it is important, what things might be getting in the way of a good night's sleep and tips to help improve sleep.

Scheduled: Kilkenny- Wednesday 29/01/20

Understanding & Supporting Young People who Self-Harm

Self-harm is a term used when someone injures or harms themselves on purpose. This can be a frightening and worrying experience for parents. This workshop aims to equip parents with the knowledge & skills required to support their child to find better ways of coping with their emotions

Scheduled: Thursday 06/02/20

Supporting Children & Adolescents who have experienced Trauma

Disturbing or distressing experiences i.e. a Traumatic events and the strong emotions that follow, may challenge children and young people's ability to cope. This workshop provides an overview of trauma, its signs and symptoms and practical advice on how to support children's recovery from a traumatic event (s).

Scheduled: Friday 31/01/20

Supporting Children & Adolescents with Chronic Illness

Chronic illness is a health problem which lasts three months or more and can affect a child's functioning on many levels.

This workshop provides parents with an understanding of the types of reactions children may present with when diagnosed with a chronic illness. It also provides some practical skills to support your child with adjusting to living with a chronic illness

Scheduled: Wednesday 12/02/20

To register for workshops: Contact Psychology Admin at **056-7784613** and leave a message with the name of workshop(s) you are interested in attending along with your full name and contact details. We will contact you with the date, time and venue before the next workshop is scheduled to run. All workshops are one session in duration, lasting 3 hours, unless otherwise stated.