



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

WORKSHOPS: 2020

Primary Care & Child Psychology Service
Shamrock Plaza, Green Lane, Carlow.

Tel: 076-1082018

Parenting Positively (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: Thurs 16/01/20 & Thurs 30/01/20 @ 10am-1pm

Managing Strong Emotions

Young children need support to begin to learn how to manage and control their emotional reactions to certain events. This workshop aims to provide parents with new ways to understand and respond to strong, and sometimes challenging, emotional states in their children.

Scheduled: Thurs 23/01/20 @ 10am-1pm

Ready Steady Relax: Anxiety Management

Anxiety, the feeling of apprehension, fear or worry is a very common experience for children and adolescents. Anxiety becomes a problem when it gets in the way of your child doing the things that they want to do. This workshop offers parents the opportunity to learn evidence-based skills to help support their children to manage their anxiety.

Scheduled: Wed 15/01/20 @ 10am-1pm

Managing Mood Difficulties in Children and Adolescents

While everyone goes through ups and downs, some young people feel down for longer periods of time such that it can affect their everyday lives. This workshop provides parents with the knowledge to understand mood difficulties in children and adolescents and practical steps that they can take to support their children.

Scheduled: Weds 22/01/20 @ 10am-1pm

Understanding and Supporting Children and Young People who Self-Harm

Deliberate 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 and skills required to support their child to find better ways of coping with their emotions.

Scheduled: Thurs 06/02/20 @ 10am-1pm

Supporting Children and Adolescents who have experienced Trauma

Disturbing or distressing experiences i.e. a Traumatic event(s), 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: Weds 05/02/20 @ 10am-1pm

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Sleep Hygiene for Children and Teens

Making sure your child is getting enough sleep can be a real struggle for a lot of parents. This workshop aims to give parents an idea of why sleep is important for your child's health and development, what things might be getting in the way of a good night's sleep, and tips you can use to help!

Scheduled: Thurs 13/02/20 @ 10am-12pm

Parenting in the Digital Age

As if parenting wasn't challenging enough, this generation of parents have the added task of managing their children's use of media and technology. This workshop aims to address parents' concerns while raising children in this new digital age. It provides information on the role social media/technology plays in your child's life, the impact it can have on physical and mental health, and how you can set boundaries and regulate your child's media use.

Scheduled: Weds 12/02/20 @ 10am-12pm

Coping 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 difficulties 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: Monday 07/02/20 @ 10am-1pm

To register for workshops: Contact Psychology Admin Support at **076-1082018** 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 times and dates before the next workshop is scheduled to run. All workshops are one session in duration, lasting 3 hours, unless otherwise stated.