

<p>Week 1 9th November 8pm – 9pm</p>	<p>Week 2 16th November 8pm – 9:30pm</p>	<p>Week 3 23rd November 8pm – 9:15pm</p>	<p>Week 4 30th November 8pm - 9pm</p>
<p>Topic:</p> <p>Responding to School Avoidance – What a parent can do!</p> <p>Tara Kelly</p> <p>Info: School avoidance is a very difficult matter for parents and children. It can cause stress and conflict in the family home. It can be hard for parents to know how to respond. This short webinar will look at some of the reasons why children and adolescents avoid school. Strategies for supporting your child, managing conflict about school and accessing support will be presented. There will be an opportunity for parents to bring questions to the session.</p> <p>Webinar by Tara Kelly co-founder of New Authority Parenting and M Sc/ Doctoral Researcher</p> <p>CLICK HERE TO REGISTER</p>	<p>Topic:</p> <p>Supporting your Child’s mental health and well-being – What a parent can do!</p> <p>Professor John Sharry</p> <p>Info: In this interactive workshop, Professor John Sharry will describe practical steps parents can take to boost their children’s well-being and self-esteem while maintaining warm connected family relationships.</p> <p>Webinar by Professor John Sharry, social worker and family psychotherapist with over 30 years’ experience as a child and adolescent mental health professional. John is founder and clinical director of the Parents Plus Charity, adjunct Professor at the School of Psychology in UCD and an Irish Times Parenting Columnist. He is the author of over 25 positive psychology, parenting books and mental health programmes, including <i>Positive Parenting</i>, <i>Parenting Teenagers</i> and <i>Parenting when Separated</i>. He is also the lead author of the evidence-based Parents Plus Programmes which are successfully run through mental health, disability and primary care services throughout Ireland and the UK. See solutiontalk.ie, parentsplus.ie for more information</p> <p>CLICK HERE TO REGISTER</p>	<p>Topic:</p> <p>Compassionate self-care for parents – What a parent can do!</p> <p>Dr. Malie Coyne</p> <p>Info: As a clinical psychologist who has worked with families for many years, Dr. Malie Coyne understands the challenges parents face, which can often shake their sense of balance and wellbeing. In this talk, Malie shares the science behind self-compassion in counter-balancing our threat-focused brains. Malie emphasizes the importance of parents caring for themselves, so they can reflect on themselves, and in turn respond to their children from a place of soothing rather than threat. Malie will also dedicate time to answering your questions. Malie's approach is very down to earth, and it is hoped that parents will be left with a sense of reassurance in being ‘good enough’ and practical tools to help themselves and their children build resilience".</p> <p>Webinar by Dr. Malie Coyne, Clinical Psychologist, University of Galway Adjunct Lecturer, Bestselling Author, and Parent</p> <p>CLICK HERE TO REGISTER</p>	<p>Topic:</p> <p>Responding to Child and Adolescent Anxiety – What a parent can do!</p> <p>Tara Kelly</p> <p>Info: This webinar will look at the impact of child and adolescent anxiety on children and parents. It will highlight some of the pitfalls for parents when trying to support their anxious child. Ideas for new strategies to support your child will be presented. Information on further resources will be made available. There will be an opportunity for parents to bring questions to the session.</p> <p>Webinar by Tara Kelly co-founder of New Authority Parenting and M Sc/ Doctoral Researcher</p> <p>CLICK HERE TO REGISTER</p>