

## **Free online workshops for parents**

In response to many questions from parents on how best to support their children during this Covid crisis, Prof John Sharry of Parents Plus will be giving two free online workshops in the coming weeks. The workshops will focus on two age-groups of children – one for parents of 2-12 year olds and one for parents of 13-18 year olds. Feel free to refer this information to parents who might benefit.

### **Supporting your Child's Mental Health during the Covid crisis**

A free workshop with John Sharry for **parents of children aged 2 to 12 years.**  
**Monday 8th March 2021 (7-8pm online via Zoom)**

With lockdown and school closures, the Covid-19 crisis has disrupted family life and negatively impacted the mental health of young children and their parents. During this workshop, Professor Sharry will provide some practical principles on how you can cultivate your children's well-being and resilience in the face of these challenges. To book your place, please complete [this form](#).

### **Supporting your Teenager's Mental Health during the Covid crisis**

A free workshop with John Sharry for **parents of children aged 13 to 18 years.**  
**Monday 15th March 2021 (7-8pm online via Zoom)**

With the loss of school and the social world that is so important to their development, teenagers have been acutely impacted by the Covid crisis. During this workshop, Professor Sharry will provide some practical principles on how you can cultivate your teenager's well-being and resilience in the face of these challenges. To book your place, please complete [this form](#).