



# Triple P

## Positive Parenting Courses



### **RAISING RESILIENT CHILDREN PUBLIC SEMINAR**

**Supported by a child health professional from Sligo Leitrim Child and Adolescent Mental health Service (CAMHS)**

- Is your child anxious, fearful, not handling upset, having difficulty making friends, not coping well with losing, not managing feelings etc

The HSE are running a seminar “Raising Resilient Children” with Positive Parenting Tips to support you to help your child be resilient

Tuesday Jan 21st

Park Suite, Sligo Park Hotel

7-9pm

**Please come along, booking not required**

