

Coping in Challenging Times:

Helping Children to Grow and Thrive



4 Week Online Parenting Course
Wednesdays from 8:00-9:00pm
18th November -9th December
FREE

To Register: Click on this link to register. Sessions will happen over a secure Zoom link. Once you register, you will be emailed a link to the call. Feel free to have your camera/video on or off!

<https://forms.gle/zHttmcqKs5Gm93sD9>



Introduction

Can we and our children emerge from Covid19 better able to overcome challenges? The answer is yes!

Over four weeks, we will share with you some of the most important things you can do to help your child develop resilience. No pressure to attend all sessions! Sign up with the link under 'To Register'.

Weekly sessions will cover:

1. **Building Caring Relationships**
2. **Accepting Your Child**
3. **Supporting your child to be Responsible**
4. **Encouraging Social Skills**

The Instructors:

Joy Cantwell Moore, MSc, brings 20 years of experience in youth and community development. She is currently the parent support worker with YMCA Ireland.

Norma Merrick, BSc, has been working for 19 years with children and their parents in Tallaght. She is currently a family support worker with West Dublin YMCA PAKT programme