**27TH Jan -Information session Supporting Parents - to include Emergency educational support for parents resource packs. Time: 7:30-9pm**

Grab a well-deserved cuppa and join Ballyhoura Development staff, as they demonstrate how to access online resources, how to combine healthy eating on a budget with routines and exercise for all the family—highlighting the critical stresses of home-schooling and how best to support your child. This interactive session will include questions and answers on the below topics and lots more.

***Topics-***

-Routine

-Healthy eating

-Digital supports and info

-Places to find resources and how

-Printing services info

-Exercise.

[Click here to register.](https://www.ballyhouradevelopment.com/Event/information-session-supporting-parents)

[Share Facebook Post.](https://www.facebook.com/364369736990778/posts/3616231755137877/)

**3rd Feb – Parenting Talk on Raising your child in Ireland today.**

Topics-

-How to avoid/reduce conflicts

- Communication.

-  Techniques

-  Strategies

Guest speaker - John Lonergan.

Time 7:30- 8:30pm.

[Click here to register.](https://www.ballyhouradevelopment.com/Event/raising-your-child-in-ireland-today)

**10th Feb- Parenting Talk on The importance of self-care.**

Topics-

**-**Understanding and supporting behaviours

-  Supporting emotional & mental health.

-  Wellbeing of your child.

Guest Speaker - Caroline Crotty. Time 7:30- 8:30pm

[Click here to register.](https://www.ballyhouradevelopment.com/Event/the-importance-of-self-care-talk)

**17th of Feb- Supporting Parents of Children with Anxiety.**

Zoom On-line Workshops.

*Topics:*Amongst other topics the workshops will explore

* Supporting younger children with worries related to school and friends
* Exploring the ‘Good Enough Parent’
* Communication and Listening
* Noticing and attending to Stress
* Supporting yourself to benefit your children

Times : 7:30-9:30pm

See attached poster for further information.

[Click here to register.](https://www.ballyhouradevelopment.com/Event/supporting-parents-of-children-with-anxiety)

Please share with your contacts/clients.

If you have any questions on any of the above please feel free to contact Jackie email- [jhehir@ballyhoura.org](mailto:jhehir@ballyhoura.org) or myself.

Stay safe and have a good day.