

## Free Online Parenting Workshops

With the support of the Dublin South Central

Parent Support Champions, Professor John Sharry of Parents Plus will deliver two free online workshops on Looking after your family's mental health during the Covid-19 crisis'.

The workshops will take place online on the 9th November at 10am – 11.15am and 7pm– 8.15pm.

Geraldine Kelly, Director of parenting at One Family will also deliver workshops on Parenting through stressful times on the 16th of November and Sharing Parenting Successfully after Separation on the 23rd of November.

[To book your free places for these workshops, visit here.](#)

## Supporting Families Online and by Phone – 11th of November

With the advent of the Covid-19 crisis, face to face support of families has reduced, yet many families remain in need of support and are under additional stress due to the crisis. Parents Plus are supporting professionals and services to provide support remotely to families online and by telephone.

In this online training we explain the principles of effective remote working using the Parents Plus Programmes and provide participants with the tools that can work in their agencies.

Delivered by Professor John Sharry and Dr. Eileen Brosnan, topics covered include:

- Choosing the best mode of remote support (phone, zoom, skype, google hangouts, other)
- Remotely delivering strengths-based support to families
- Confidentiality and data protection considerations
- Structuring individual and group sessions
- Addressing core topics such as self-care for parents, conflict management
- Supporting family mental health.

[For more information or to sign up visit here](#)

## Mind Your Wellbeing – A new mental health and wellbeing programme launched

HSE Health & Wellbeing has launched a new, free, online mental health and wellbeing programme called Minding Your Wellbeing. This evidenced based programme, focusing on the promotion of mental wellbeing, has been adapted from a face-to-face programme into a series of online videos for everyone at this time.

### What does the programme consist of?

Consisting of 5 video sessions (20 min) which can be accessed by visiting [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie) and following the links. The content focuses on:

- **Practicing Self-Care:** Explores the importance of individual 'self-care' and encourages participants to build their own 'self-care toolkit' which includes healthy habits for their mental health and wellbeing.
- **Understanding Our Thoughts:** Invites participants to reflect on their own thinking and consider how thinking patterns can impact wellbeing.
- **Exploring Emotions:** Encourages participants to notice their emotions and increase their positive emotions to improve their wellbeing.
- **Building Positive Relationships:** Discusses ways in which participants can nurture, value and foster positive relationships which are so important for mental wellbeing.
- **Improving Our Resilience:** Invites participants to improve their resilience, learn about the building blocks of resilience including the importance of focusing on strengths.

This provides a unique opportunity for everyone to learn and practice key elements of mental wellbeing such as mindfulness, gratitude, self-care and resilience.

We would encourage as many staff as possible to take some time to view each of the videos and to share with those closest to you.

In addition, the Stress Control Programme has started its final run. For more formation and to watch Session 1 visit [stresscontrol.ie](http://stresscontrol.ie)