

Connecting Families Workshops for Parents

Please find the Zoom link to join the following workshops: the same Zoom link for both workshops.

Promoting Positive Behaviour Wednesday 12th March 2025 at 7-9pm

Building Your Child's Resilience Wednesday 19th March 2025 at 7-9pm

Join Zoom Meeting

<https://us06web.zoom.us/j/83779891459?pwd=bkMVWaaM7TN4hhFbtUTWFHDlqAqibt.1>

Meeting ID: 837 7989 1459

Passcode: 026529

For more information, please email emullen@midl.ie

Come and join us for FREE Online and face to face Parenting workshops to find out more about the following topics:

Monaghan Integrated Development

International Fund for Ireland

Promoting Positive Behaviour
Wednesday 12th March 2025 at
7pm - 9pm (Online via Zoom)
Parents will be introduced to strategies and techniques to reinforce positive behaviour and develop an awareness of how to manage challenging behaviour effectively.

Building Your Child's Resilience
Wednesday 19th March 2025 at
7pm - 9pm (Online via Zoom)
Parents will be introduced to tips and strategies to raise their child's resilience whilst understanding importance of raising resilient children.

Parents Emotional Health
Friday 21st March 2025 at
10am- 12noon (venue tbc)
This workshop explores what mental health is and shares tips on how to improve parental emotional health and well-being.

Children's Emotional Health
Friday 28th March 2025
10am-12noon (venue tbc)
Parents will explore why positive emotional health and wellbeing is so important and as well as being equipped with the skills to improve their children's emotional health and well-being.

To Register please email
Edel Mullen at
emullen@midl.ie