



## Parent Workshops

Being a parent can be challenging at times, especially now with Covid-19. Parenting NI supported by funding from the Public Health Agency CLEAR Fund are providing the following **FREE ONLINE** workshops for parents who live in the **BELFAST, SOUTHERN, SOUTH EASTERN, WESTERN TRUST** areas.

### Children's Emotional Health

We want our children to have positive emotional health & wellbeing. This workshop encourages parents to recognise the importance of their children's mental health, exploring how we can provide opportunities for emotional development & helping to equip parents with the skills to help improve their children emotional health & wellbeing.

### Parenting in the Pandemic

Parenting within the current climate can be extremely challenging for families. This workshop explores these challenges for parents during Covid-19 and looks at the impact of stress on the parent and the effect this can have on the parent and children's emotional health and wellbeing.

### Helping Children Manage Change during the Pandemic

With the uncertainty during the pandemic and changes to family lives, this may be having an impact on our children. This workshop explores these changes, their effect on children & parents, and will support parents to develop strategies to help reduce the impact of change for both them and their child.

Supported by the PublicHealth Agency through the Clear Project



To Register: [www.parentingni.org/programme-calendar/](http://www.parentingni.org/programme-calendar/)



[parentingni.org](http://parentingni.org)