# Parent webinars

## Click the buttons below to register for your chosen session.

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|---|---|
| Talking to your Teen | Sept 15th 7:00-8:30pm |
| Understanding and Supporting Young People Experiencing Low Mood | Nov 10th 7:30-8:30pm |
| Self-Compassion for Parents and Guardians | Jan 7th 7:30-8:30 pm |
| Enhancing wellbeing and protective factors for young people | Mar 15th 7:30-8:30 pm |

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Supporting mental health in post-primary schools
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