



**HELPING YOUR CHILD TO HELP THEMSELVES.
FREE ON-LINE WEBINAR FOR PARENTS/GUARDIANS/CARERS ON ANXIETY IN
CHILDREN AND YOUNG PEOPLE
WEDNESDAY 22ND SEPTEMBER FROM 7.30-9PM
THROUGH ZOOM**

- Is your child isolating themselves from their peers or avoiding settings such as school?
- Is your child talking negative about themselves all the time?
- Is your child having difficulty eating and sleeping because of their anxiety?
- Has Covid19 increased your child's worries?
- Would you like to learning more about how you might support them?

If so, West Clare Child and Family Support Network (WC-CFSN) is hosting a free online webinar for Parents/Guardians/Carers.

West Clare CFSN is a Network of frontline services, community and statutory agencies operating in the area of West Clare whose work focuses on supporting children, young people and families. In response to increased reports of parents struggling to support anxiety in their children, WC-CFSN is offering a free webinar for parents with a follow up opportunity for interested parents to complete a Youth Mental Health First Aid training course over 4 mornings (spaces are limited).

Invited guest speakers are

- Dr Colman Noctor-is a Child and Adolescent Psychoanalytical Psychotherapist. He will be offering advice on supporting teens with anxiety and on raising resilient children.
- Lisa Fox- is a specialist National Trainer in Youth Mental Health First Aid. She will be giving an overview of what Mental Health First Aid is and an outline of training available to parents in mid-October organised by members of West Clare Child and Family Support Network.

Booking for the Zoom Webinar can be made through Eventbrite

[See on Eventbrite](#)

[Helping your child to help themselves Tickets, Wed 22 Sep 2021 at 19:30 | Eventbrite](#)

**West Clare Family Resource Centre can be contacted by phone on (065) 905 2173
for more information.**