

# Parent Support Champions

Dublin South Central Summer Parenting Courses

29  
Sept  
7pm

## Talking with children about family change

- *One Family*

One Family, Ireland's national organisation for people parenting alone, sharing parenting and separating has developed a workshop to help parents with the language needed to answer the awkward questions children have about their family post-separation. The 'Talking to children about family change' workshop will help parents to understand what children need to know post separation and how to find the confidence to explain it to them.

24  
Nov  
10am



6  
Oct  
7pm

## Helping your teenager manage worry and overcome anxiety

- *Professor John Sharry*

Professor John Sharry is a social worker and family psychotherapist and founder of the Parents Plus Charity. He is co-developer of the award winning Parents Plus Adolescents Programme, and the best selling author of fourteen positive psychology and self-help books for families including Positive Parenting, and Parenting Teenagers.

