



Supporting Young People:

A Webinar Series for Parents and Teachers



This is a free event series with limited places open to anyone interested in learning more about supporting young people and their mental health:

<https://www.eventbrite.ie/o/youth-mental-health-lab-ucd-amp-youlead-33130895137>



“Promoting positive wellbeing in young people”

7pm, 26th of April, 2021

Professor Eilis Hennessy



“Managing School Stress”

7pm, 10th of May, 2021

Dr Elizabeth Charles, Senior Educational Psychologist with NEPS



“How to talk to a young person about how they are feeling”

7pm, 17th of May, 2021

Dr Tony Bates, Dr Charlotte Wilson & Professor Gary Donohoe



“Compassion approaches for supporting young people”

7pm, 24th of May, 2021

Dr Ciara Mahon, UCD