



Navan Education Centre  
Athlumney  
Navan  
Co Meath  
C15 RK03

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## **Mental Health Awareness initiative For Parents**

**Tuesday 25<sup>th</sup> April @ 7.00pm  
Navan Education Centre**

This 1 hour presentation is for parents, guardians and other adults interested or concerned about young people's mental health.

As a result of this presentation, participants will:

- Gain an understanding of the key issues impacting on the mental health and wellbeing of young people
- Learn to promote positive mental health in young people
- Understand how to recognise some of the signs that a young person may be struggling with their mental health
- Learn the value of listening as a way of supporting young people

There is **no fee** for this information evening. **Advanced registration is essential.**

Please contact Navan Education Centre to register.

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