

WEBINAR SERIES: 2024



Supporting Adolescent Mental Health



Dr Ciara Mahon

March 5th
7pm - 8.00pm

*"Body image and
eating disorders:
What parents need
to know"*

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**Prof Eilis
Hennessy**

March 12th
7pm - 8.00pm

*"Positive parenting to
support adolescent
development"*

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**Assoc. Prof Paul
D'Alton**

March 19th
7pm - 8.00pm

*"Tired but wired?
Parenting teenagers
when worry and
anxiety get in the way
of sleep - tips,
guidance and
supports"*

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*This is a **free event** series open to anyone
interested in supporting young people and
their mental health*