

# Coping in Challenging Times: Helping Children to Grow and Thrive



6 Week Online Parenting Course

Thursdays from 8:30-9:30pm

14 May - June 18

Free

**To Register:** Click on this link to register. Sessions will happen over a secure Zoom link. Once you register, you will be emailed a link to the call.

<https://forms.gle/G8UMfy1XMG7AWx1w5>



## Introduction

Can we and our children emerge from Covid19 better able to overcome challenges? The answer is yes! Over six weeks, we will share with you the most important things you can do to help your child develop resilience. Join us! Sign up with the link under 'To Register'.

## Weekly sessions will cover:

1. Building Caring Relationships
2. Believing in Your Child
3. Supporting Meaningful Responsibility
4. Building a Positive Sense of Self
5. Encouraging Social Skills
6. Developing a Sense of Purpose

## The Instructors:

Joy Cantwell Moore, MSoc.Sc, brings 20 years experience as a youth and community worker as well as a parent. She is trained in the Children's programme with Parents+ and is the parent support worker with YMCA Ireland.

Chriszine Backhouse, MA, has been working in the field of youth and community development for the past 15 years. She is the programme Development officer for YMCA Ireland.