



PARENTS PLUS

Free HSE 'Working Things Out' Programme for Teenagers

An evidence-based CBT programme for adolescents, (aged 11 to 16), promoting positive mental health and teaching coping skills to overcome specific problems.

This is a 6 week evening course taking place every Tuesday from 26th February to 2nd April from 7pm to 9pm.

Venue: Mounttown Community Facility, Mounttown, Dun Laoghaire from 7pm to 9pm.

The course will be facilitated by James Mc Fadden, Rebecca Collins and Emma O'Byrne from HSE Dun Laoghaire Primary Care Psychology.

If you think this might be a helpful programme for your teen and they are interested in attending **Please call: Ruth Kilgallon**
Tel: 01 2365257 or email ruth.kilgallon@hse.ie expressing your interest and we will get back to you to discuss this.

