



# Coláiste Bríde

Templeshannon, Enniscorthy, Co. Wexford.

29<sup>th</sup> February 2024



## **Supporting Adolescent Mental Health** **UCD Free Webinar Series for Parents/Guardians**

Dear Parents/Guardians,

I am writing to inform you that UCD's school of Psychology have organised a free webinar series for parents, or anyone interested in adolescent mental health (as per poster attached).

The three webinar talks will take place on the 5<sup>th</sup>, 12<sup>th</sup> and 19<sup>th</sup> of March from 7-8 pm. The speakers include Dr. Ciara Mahon, Professor Eilis Hennessy, and Associate Professor Paul D'Alton, all of whom are experts in adolescent mental health. Their contribution to the event promises to be invaluable, as they bring a wealth of knowledge and experience that will undoubtedly enrich our knowledge in supporting adolescent mental health.

**Tuesday, March 5<sup>th</sup> 7pm-8pm:** *"Body image and eating disorders: What parents need to know."* Dr. Ciara Mahon, Post-Doctoral Research Fellow & Lecturer of Health Psychology, School of Psychology, University College Dublin

Here is the link to register for this event:

[https://ucd-ie.zoom.us/webinar/register/WN\\_cgsbdlTZTrmlVj8DUfMbQA](https://ucd-ie.zoom.us/webinar/register/WN_cgsbdlTZTrmlVj8DUfMbQA)

**Tuesday, March 12<sup>th</sup> 7pm-8pm:** *"Positive Parenting to Support Adolescent Development."*

Prof. Eilis Hennessy, a Developmental Psychologist from the School of Psychology University College Dublin.

Here is the link to register for this event:

[https://ucd-ie.zoom.us/webinar/register/WN\\_YWw26Z14R8inrl1EmG2zjg](https://ucd-ie.zoom.us/webinar/register/WN_YWw26Z14R8inrl1EmG2zjg)

**Tuesday, March 19<sup>th</sup> 7pm-8pm:** *"Parenting teenagers when worry and anxiety get in the way of sleep - tips, guidance and supports."*

Associate Professor Paul D'Alton, Clinical Psychologist, writer and broadcaster from the UCD School of Psychology and formerly Head of Psycho-oncology at St. Vincent's University Hospital.

Here is the link to register for this event:

[https://ucd-ie.zoom.us/webinar/register/WN\\_bau3fke9Rf2QLeVEJWDuiw](https://ucd-ie.zoom.us/webinar/register/WN_bau3fke9Rf2QLeVEJWDuiw)

Best wishes,

*Aisling McDonald*

Aisling McDonald  
(Guidance Counsellor)

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» **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"*  
[Click Here To Register](#)

  
**Prof Eilis Hennessy**  
March 12th  
7pm - 8.00pm  
*"Positive parenting to support adolescent development"*  
[Click Here To Register](#)

  
**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"*  
[Click Here To Register](#)

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

**Principal:** Ms. K. O'Sullivan

**Deputy Principal:** Ms. R. McConville **Deputy Principal:** Mr. N. Moynihan

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