

# Friendships and Mental Health

## Jigsaw's Parent/Guardian Webinar Series



### In this webinar you will:

- Consider the impact friendships can have on your child's mental health
- Explore ways in which you can support your child to build positive friendships
- Learn supportive strategies to navigate conversations about friendships with your child.



**Date**

6th Feb 2024



**Time**

7.30pm - 8.30pm

Facilitated by Jigsaw's Martina Ryan and Karen Duggan,  
Regional Schools Coordinators

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