

» 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 Ellis 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"

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