



# Mental Health Month October 2021 *Resilience and Recovery*



Dublin City North CYPSC Mental Health Month's theme is ***Resilience and Recovery***, sponsored by the Mental Health and Wellbeing, and Child and Youth Participation Subgroups.

This year, our **Connect and Learn Series** offers a range of inputs covering thematic areas important for mental health, resilience and recovery:

- **Parenting Support and Information**
- **Exercise, Sleep and Nutrition**
- **Understanding and Promoting Resilience**

All events are open to all in Dublin City North area.

Our Sponsored Programmes are also supporting resilience themed events/activities with children, young people and families in a range of settings, and our campaigns through posters and social media will be evident throughout the month on Twitter and on our [Dublin City North CYPSC](#) webpage.

With thanks to all our partner agencies for supporting these events!

Should you have any queries, please contact Dublin City North CYPSC Coordinator, Clodhna Mahony on [clodhna.mahony@tusla.ie](mailto:clodhna.mahony@tusla.ie)



Follow us on Twitter for updates - @CypscDcn



Parenting Support			
Date & Time	Description	Delivered By	How to Register
<p><b>*28th September</b> <b>7-9pm</b> <b>via Zoom.</b></p>	<p><b>Triple P Fearless Seminar</b></p> <p>This seminar will introduce parents to a wide range of strategies for managing children's anxiety. This session is for Parents of children (aged 6-14) who would like to get some tips on anxiety management for their family.</p>	<p>Barnardos Better Finglas Sarah Davis</p>	<p>Triple P Fearless Seminar Button at following link <a href="https://linktr.ee/BetterFinglas">https://linktr.ee/BetterFinglas</a></p>
<p><b><u>3 week courses starting on:</u></b> <b>5<sup>th</sup> October</b> <b>7-9pm via Zoom</b> <b>OR</b> <b>7<sup>th</sup> October</b></p>	<p><b>Triple P Fearless Group – 3 week course</b></p> <p>The course will support parents to teach their children how to manage anxiety/anxious situations effectively. Fear-Less Triple P also gives everyone in the family (not just one child) the chance to benefit by learning how to manage anxiety effectively The group will run for 3 weeks.</p>	<p>Tusla Child and Family Agency(St Helena's) Barnardos Better Finglas (Zoom)</p>	<p>Triple P Fearless Group Button at following link <a href="https://linktr.ee/BetterFinglas">https://linktr.ee/BetterFinglas</a>  Queries to 01 864 2941</p>

## Parenting Support

10am – 12pm, Face to face in St Helenas Resource Centre			
<b>7<sup>th</sup> October</b> <b>10-11:30am</b> <b>via Zoom.</b>	<b>Mindful Parenting Programme – 5 week course</b> <p>This group will introduce parents to mindfulness and self-compassion practices. It will explore how to create more peace, calm and connection in everyday family life. The group will run for 5 weeks.</p>	Barnardos Better Finglas Eilish Cullen	Mindful Parenting Programme Button at following link <a href="https://linktr.ee/BetterFinglas">https://linktr.ee/BetterFinglas</a> Queries to 01 864 2941
<b>11<sup>th</sup> October</b> <b>10am – 11am</b> <b>via Zoom</b>	<b>Wellbeing for New Mums</b> <p><i>Information session</i> on perinatal mental health. The session will address the common questions pregnant and new parents have in relation to mental health. Learn what is meant by the term the <i>baby blues</i>, <i>how hormones impact how we feel and ways to mind your mental health</i>.</p>	Barnardos / Better Finglas. Sarah Davis and Jeanne Masterson <i>Clinical Midwife Specialist Perinatal Mental Health</i>	Wellbeing for New Mums Button at following link <a href="https://linktr.ee/BetterFinglas">https://linktr.ee/BetterFinglas</a> Queries to 01 864 2941

Parenting Support			
<p><b>26th October</b> (Tuesday) 5:30pm – 6:30pm</p> <p>Online</p>	<p><b>Parents - Building the 8'Cs of Resilience with Young People</b></p> <p>The purpose of this webinar is <i>to provide parents with ideas on how they can work with young people in their lives to support them in building resilience.</i> Learn about resilience, the power of a One Good Adult in supporting resilience in young people and awareness of the evidence informed 8 C's of building resilience.</p> <p>All parents welcome to attend.</p>	<p>Conor Boksberger, Clinical Manager, Jigsaw Dublin City</p>	<p>Register your interest: <a href="mailto:cliodhna.mahony@tusla.ie">cliodhna.mahony@tusla.ie</a> A link will be sent to your email.</p>

Exercise, Sleep and Nutrition			
Date and Time	Title and Description	Delivered By	How to Register
<p><b>12<sup>th</sup> October</b> 11am – 12 pm Online</p>	<p><b>Open Play with Children 4-12 years: Maximising Benefits</b></p> <p>A “how-to” on facilitating open-play and incorporating independent decision-making into non-competitive activities. All those interested in helping young children be active are welcome to attend.</p>	<p>Ciaran Duffy, <i>Fun Direction</i> and Antonio Mantero, <i>The Play House After-School</i></p>	<p>Register your interest: <a href="mailto:cliodhna.mahony@tusla.ie">cliodhna.mahony@tusla.ie</a> A link will be sent to your email.</p>
<p><b>14<sup>th</sup> October</b> <b>21<sup>st</sup> October</b> (Choose 1 or both!) 1:30 – 2:30pm Online</p>	<p><b>Healthy Food Made Easy – Home Cooking on a Budget</b></p> <p>Tips on shopping smart for the whole family using the food pyramid, and watch nutritious cooking in action! Exploring various topics each day, like fats and fibre providers and meals for each. For those budding cooks, try it out alongside at home!</p>	<p>Aideen Hoey, <i>Northside Partnership</i></p>	<p>Register your interest: <a href="mailto:Murphy@nspartnership.ie">Murphy@nspartnership.ie</a> to receive your link.</p>

## Exercise, Sleep and Nutrition

<b>19<sup>th</sup> October</b>  <b>2-3pm</b> <b>Online</b>	<b>Good Food for Good Mood – Healthy Eating for Children</b> This short talk will give an overview of healthy eating guidelines for children. The key nutrients and the importance/benefits will be highlighted. It will cover the main meals and give tips for school lunches and snacks. An overview of useful resources for parents will also be provided.	Prof. Lorraine Brennan, UCD School of Agriculture and Nutrition	Register your interest: <a href="mailto:cliodhna.mahony@tusla.ie">cliodhna.mahony@tusla.ie</a>
<b>21<sup>st</sup> October</b>  <b>7 – 8pm</b> <b>Online</b>	<b>Sleep and Young People’s Mental Health</b> This webinar will explore the importance of sleep for young people, impact of environmental factors on sleep, impact of reduced sleep on young people and their mental health and strategies to support young people improve their sleep. <i>Parents welcome to attend. Young people 12+ years can attend with parent.</i>	Michelle Gibbons ( <i>Senior OT CAMHS</i> ) and Aoife Doyle ( <i>Jigsaw OT/Clinician</i> )	Register your interest: <a href="mailto:cliodhna.mahony@tusla.ie">cliodhna.mahony@tusla.ie</a> to receive a link.

## Promoting Resilience

Date and Time	Description	Delivered By	How to Register
<b>27<sup>th</sup> October</b>  <b>10 – 11am</b>  <b>Online</b>	<b>Practitioners – Build Resilience with Young People</b> To provide the professional, working in a variety of roles, to support building resilience in the young people they work with. Drawing from a strong evidence base, attendees will be encouraged to think about how they can tailor their work with young people to better promote resilience in young people who they engage with. The learning outcomes of the webinar will be: <ul style="list-style-type: none"> <li>• Understand the basic concept of resilience</li> </ul>	Conor Boksberger, <i>Clinical Manager, Jigsaw</i> <i>Dublin City</i>	Register your interest: <a href="mailto:cliodhna.mahony@tusla.ie">cliodhna.mahony@tusla.ie</a> A link will be sent to your email.

## Promoting Resilience

- Gain insight into the power of a One Good Adult in supporting resilience in young people
- Awareness of the evidence informed 8 C's of building resilience.

28<sup>th</sup> October

1-2pm

Online

### Adverse Childhood Experience's (ACE's) and Anxiety

The focus of this workshop is on Anxiety in Children and Young People who have experienced Adverse Childhood Experiences (ACE). **Further information will follow.**

Mark Smyth,  
*Child and Adolescent  
Mental Health Services*

Invite to register will be issued by Fingal CYPSC closer to the event. Look out for updates!

## Training - Suicide Alertness

Online, and in your own time.

Open to all over 18 years of age.

### LivingWorks START Training

Prepares participants to identify people who are at risk, confidently ask them about the topic of suicide and connect them with resources that can help them stay safe. These specific skills are called suicide alertness and are taught with the expectation that the person learning them will use them to help reduce suicide risk in their communities. Following LivingWorks Start training you will be more willing and able to perform an important helping role for persons with thoughts of suicide.

*Please note the programme is only suitable for those over 18, and we recommend that people who have experienced bereavement through*

Register interest for a link to complete in your own time.

Contact  
[sandra.taylor@hse.ie](mailto:sandra.taylor@hse.ie)

*suicide in the past year, do not participate in this training programme at this time.*