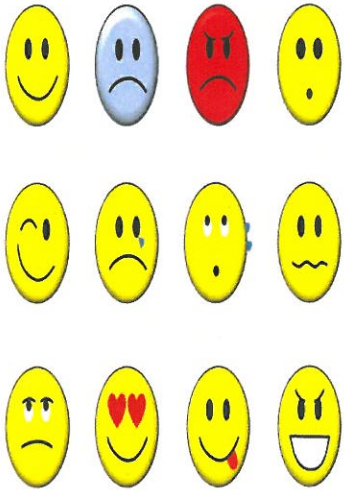


Coláiste Mhuire Johnstown Parent's Council invite all parents, family and friends to a talk on



Understanding the Emotional Wellbeing of Teenagers

This presentation is a light hearted look at the very complex dynamics that underpin the emotional wellbeing of teenagers. It offers very practical advice on how families can thrive during times that can be fraught with difficulty

Dr Fergus Heffernan, PhD. is a renowned psychologist and psychotherapist and is a leading educator in the area of stress management and how it relates to our mental health



Cost: 10 euro per ticket

Venue: Coláiste Mhuire Johnstown

Dates & Time Tues 12th April from 7.30 – 9.30 pm

Tickets can be obtained by texting your name and no of tickets required to 087-9693297. These can then be collected from school on receipt of payment

