

Online Parenting Support Workshops By North Tipperary Primary Care Psychology Services

Where? Online via Webex

For who? Parents, Carers and Guardians

By who? North Tipperary Child and Family Primary Care Psychology Department, HSE Mid-West

How to get involved? To book a place call 067 46442 or email

Northtipperarypc.childpsychology@hse.ie before Thursday, 18th of July at 17:00

Topic: No Drama Discipline

A whole-brain approach to calm the chaos and nurture your child's developing mind



Based on the book of the same title by Dr. Dan Siegel and Dr. Tina Payne Bryson, this workshop aims to provide an understanding of your child's developing brain and strategies on how to help them develop skills to regulate their emotions and behaviour, and communicate their needs adaptively using a whole-brain approach.

Thursday, 25th of July 2024

- 10.00 - 11.45
- 19.00 - 20.45