

 Education Resources

Youth, Family and Community Learning Service in Partnership with

Cathkin, Stonelaw and Trinity High Schools.

**Information Sessions**

**Would you like to understand your teenager better? Does being a parent feel like the hardest thing in the world sometimes?**

**Families have told us that they would like information on a range of topics which affect young people today; why not come along to any or all of our sessions?**

**These will be delivered by staff from Education Resources, Landed (peer education) and LAMH (Lanarkshire Association for Mental Health).**

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|  | **Session 1****12.30pm – 2.30pm** | **Session 2****6.30pm- 8.30pm** |
| **Mon 24th Feb****Trinity High**  | **Stress & Relaxation*** Discussion around:
* Causes of stress.
* Physical and emotional effects.
* Effective ways of managing stress.
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| **Mon 9th March****Trinity High** | **Mental Health (LAMH)*** Discussions on why people experience thoughts of suicide.
* Encourages open discussion about suicide and attitudes towards it.
* Supports available around mental health.
 | **Strategies for Managing Teenage Behaviour*** Types of teenage behaviour.
* Positive communication and relationships.
* Effective ways of managing teenage behaviour.
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| **Mon 16th March****Trinity High** | **Drugs/ Alcohol (Landed)**Discussion around:* Types of drugs,
* Physical and emotional effects
* Advice for parents.
 | **Mental Health (LAMH)*** Discussions on why people experience thoughts of suicide.
* Encourages open discussion about suicide and attitudes towards it.
* Supports available around mental health.
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| **Mon 23rd March****Trinity High** | **Sleep*** Understand the benefits of creating good sleeping patterns.
* Tips on how to break bad habits; which will hopefully result in a better night’s sleep.
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* Tips on how to break bad habits; which will hopefully result in a better night’s sleep.
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| **Monday 30th March****Trinity High** | **Strategies for Managing Behaviour*** Types of teenage behaviour.
* Positive communication and relationships.
* Effective ways of managing teenage behaviour.
 | **Drugs/ Alcohol (Landed)**Discussion around:* Types of drugs,
* Physical and emotional effects
* Advice for parents.
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**To book a place or if you would like more information, please call Gail McKillop at 07795090705/ Evelyn McGonagle at 0141-647-3101 or e-mail us at** **gw09mcgonagleevelyn3@glow.sch.uk** **/** **gw09mckillop@glow.sch.uk**