SLC logo B_W line

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. | **Stress & Relaxation**   * Discussion around: * Causes of stress. * Physical and emotional effects. * Effective ways of managing stress. |
| **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. |
| **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. |
| **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. | **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. |
| **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. |

**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**](mailto:gw09mcgonagleevelyn3@glow.sch.uk) **/** [**gw09mckillop@glow.sch.uk**](mailto:gw09mckillop@glow.sch.uk)