Below please find details of upcoming talks as part of Kildare Library Service: *Let's Talk About Parenting* Programme 2020:

Understanding Bullying: empowering children and strategies for intervention

with Jenny Ryan, Forensic Psychologist and Guidance Counsellor

Zoom Talk on Thursday 14th May 8.30pm (Time TBC) - Book a place through $\underline{kildarelibrarybookings@gmail.com}$

Healthy Sleep Habits in Babies and Children

with Erica Hargaden of Babogue Sleep Solutions

Recorded Talk Available on Kildare Library Facebook from 20th May

Resilience in a Digital Age

with Colman Noctor Child and Adolescent Psychotherapist

Recorded Talk Available on Kildare Library facebook from 26th May

Starting Secondary School

with Dr Mary O'Kane, Lecturer in Psychology, Early Childhood Studies and Education

Recorded Talk Available on Kildare Library Facebook - Summer Date TBC

Visit Kildare Library Service social media pages and the new library Blog page for details of these and other upcoming talks -

https://www.facebook.com/KildareCountyLibraryService/

https://kildarelibrariesblog.wordpress.com/

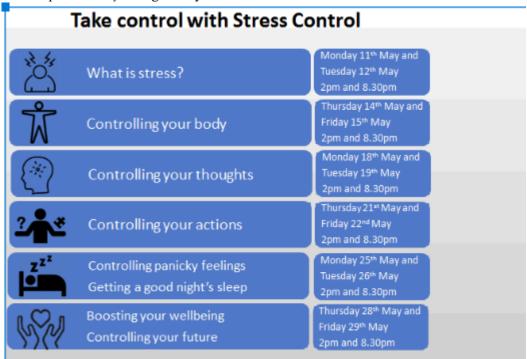
https://twitter.com/kildarelibrary

https://www.instagram.com/kildarelibrary/

Below please find details of FREE 6-session online Stress Control programme available from 11th May via YouTube. Sessions run for about 90 minutes with a 10-minute break in the middle. The sessions will be led by Dr Jim White, consultant clinical psychologist, who created the class and who has taught most of the NHS (UK) and HSE (Ireland) trainers who would normally be running classes across the country.

Go to http://stresscontrol.org for full details of the class and the YouTube link.

This is open to everyone aged 18 years+.



Regards, Emma

Emma Berney
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