

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 [kildarelibrarybookings@gmail.com](mailto: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 11<sup>th</sup> 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+.

| Take control with Stress Control  |  |  |
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|    | What is stress?  | Monday 11 <sup>th</sup> May and<br>Tuesday 12 <sup>th</sup> May<br>2pm and 8.30pm  |
|    | Controlling your body  | Thursday 14 <sup>th</sup> May and<br>Friday 15 <sup>th</sup> May<br>2pm and 8.30pm |
|    | Controlling your thoughts                                    | Monday 18 <sup>th</sup> May and<br>Tuesday 19 <sup>th</sup> May<br>2pm and 8.30pm  |
|    | Controlling your actions                                     | Thursday 21 <sup>st</sup> May and<br>Friday 22 <sup>nd</sup> May<br>2pm and 8.30pm |
|   | Controlling panicky feelings<br>Getting a good night's sleep | Monday 25 <sup>th</sup> May and<br>Tuesday 26 <sup>th</sup> May<br>2pm and 8.30pm  |
|  | Boosting your wellbeing<br>Controlling your future           | Thursday 28 <sup>th</sup> May and<br>Friday 29 <sup>th</sup> May<br>2pm and 8.30pm |

Regards,  
Emma

Emma Berney  
Coordinator  
Kildare Children & Young People's Services Committee  
TUSLA – The Child & Family Agency  
Suite 7, Vista Primary Care,  
Ballymore Eustace Road,  
Naas  
Co. Kildare