



Co Donegal

Education Centre



Mental Health Awareness Programme

Suitable for Fifth, Sixth Class Teachers & Principals

Date: Monday, 5th March 2018
Venue: County Donegal Education Centre
Facilitator: Aoife Murray
Time: 7.00pm – 9.00pm

Date: Tuesday, 20th March 2018
Venue: McGettigans Hotel, Letterkenny
Facilitator: Margaret Rowland
Time: 7.00pm – 9.00pm

- This two hour workshop explores how as a teacher you can help to support and promote the mental health and well-being of all of the students in your class. The concept of being *One Good Adult* in the lives of our students will be discussed and how we as teachers, can fulfil this role.
- The workshop will explore elements of the *Well-Being Guidelines* for Primary Schools and offer practical tips on how to best support and promote the mental health of the students in your care. Self-care is a fundamental element of the teaching profession which will also be addressed in the workshop.

Register on line at www.donegaledcentre.ie

Applications to be returned to: County Donegal Education Centre, Floor 2/3, Pier 1, Quay Street, Donegal Town Co Donegal. Fax: 074 97 23787 Tel: 074 9723487. E Mail: admin@donegaledcentre.ie Online: www.donegaledcentre.ie
All of these Continuing Professional Development (CPD) Opportunities for teachers are grant aided by the Teacher Education Section (TES) of the Department of Education and Skills On receipt of a booking form a place on the course will be reserved. Telephone bookings will not be accepted. Applicants will only be notified if a problem arises or a workshop is cancelled. Places on courses are limited – early booking is advisable. Booking form available on www.donegaledcentre.ie under Spring Courses 2018 link.