



St. Pius X Parents' Association

**CREATING THE CONDITIONS IN WHICH OUR
CHILDREN WILL FLOURISH!**



PARENT TALK

WEDNESDAY, 9th OCTOBER 2019 @ 8PM

BNS GP ROOM

The Parents' Association are delighted to welcome Stuart Wilson of Zestlife! Stuart's interactive 1 hour presentation will cover:

- ❖ the problems we are encountering in our children's lives;
- ❖ the rise of anxiety;
- ❖ the promotion of emotional resilience; and
- ❖ cyber boundaries.
- ❖ Q&A Session

Stuart Wilson is a behavioural psychotherapist specializing in youth, adolescent and family therapy. Stuart works with behavioural aspects of young people's lives and how best to implement change. He is the founder/co-founder of Zestlife Counselling in Churchtown, Zestlife Training and zest4kidz. Further details on <http://zestlife.ie/>.

All Welcome (no cover charge)