

## Understanding Self-Harm Seminar for Parents

This two-hour awareness presentation on Understanding Self-Harm for parents will explore the topic of self-harm with a focus on why people self-harm, prevalence rates, myths, functions and motivations.

It will also explore helpful and non-helpful responses, alternative and substitute behaviours, information on services and supports available to parents

**Venue:** Laois Education Centre  
**Dates:** Tuesday 8<sup>th</sup> October 2019  
**Time:** 7pm – 9pm  
**Facilitator:** Josephine Rigney, Resource Officer for Suicide Prevention - Laois/Offaly

To book a place on the above course:

- **Parents** can contact Yvonne, Laois Education Centre at **(057) 8672402**
  - **There is no fee for the above course.**
    - **Booking is essential.**
- **Places are reserved on a first-come, first-served basis.**