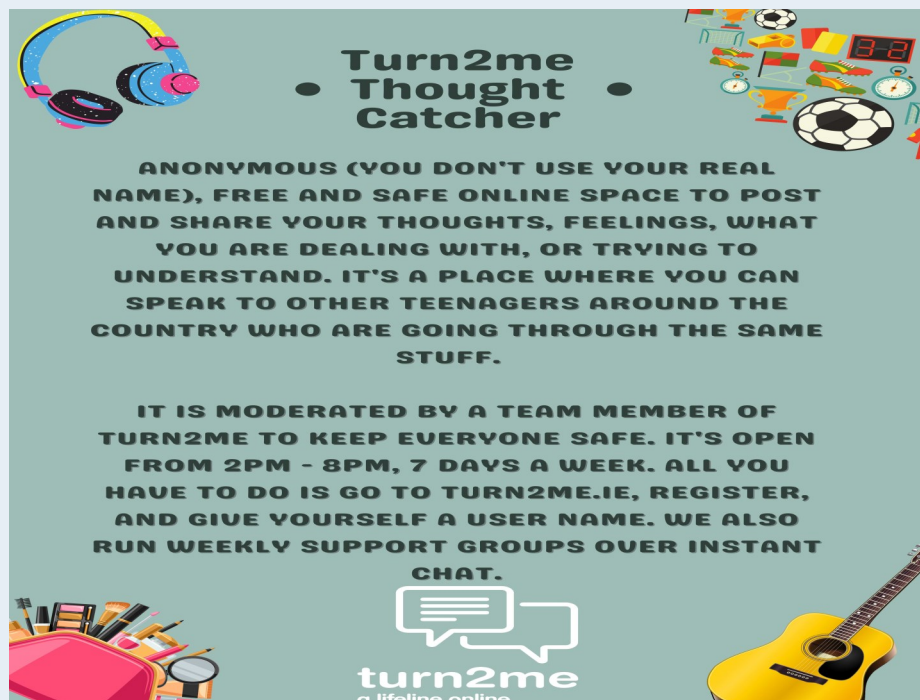


## Turn2Me



**Turn2me**  
• Thought Catcher •

**ANONYMOUS (YOU DON'T USE YOUR REAL NAME), FREE AND SAFE ONLINE SPACE TO POST AND SHARE YOUR THOUGHTS, FEELINGS, WHAT YOU ARE DEALING WITH, OR TRYING TO UNDERSTAND. IT'S A PLACE WHERE YOU CAN SPEAK TO OTHER TEENAGERS AROUND THE COUNTRY WHO ARE GOING THROUGH THE SAME STUFF.**

**IT IS MODERATED BY A TEAM MEMBER OF TURN2ME TO KEEP EVERYONE SAFE. IT'S OPEN FROM 2PM - 8PM, 7 DAYS A WEEK. ALL YOU HAVE TO DO IS GO TO [TURN2ME.IE](https://turn2me.ie), REGISTER, AND GIVE YOURSELF A USER NAME. WE ALSO RUN WEEKLY SUPPORT GROUPS OVER INSTANT CHAT.**

**turn2me**  
a lifeline online

Turn2Me offers an online Thought Catcher, which is a mood/emotional diary. You can post thoughts on how you're feeling publicly or privately and track your own mental health journey. It's a good way to narrow down what might trigger feelings of anxiety. If you choose to post your thoughts publicly, other age appropriate users can respond to it with supportive messages or tips on how to tackle the issues you're facing.

[Turn2Me.ie](https://turn2me.ie) is a safe, moderated online platform which runs 365 days a year.

## CMETB - Developing Resilience Course

Cavan and Monaghan Education and Training Board  
Further Education & Training



**cmetb**  
Bord Oideachais agus Oiliúnaí  
an Chathair agus na Míreanna  
Cavan and Monaghan  
Education and Training Board



**NEW COURSE**

**Developing Resilience within your Family & Community**

6 week course for adults, parents and those working in the community *Location: Cavan*

This course will begin to explore possible strategies and information on how we as a community, parents and family members can help to empower our young people to develop the skills needed to develop resilience.

COURSE OUTLINE	
<b>Week 1</b>	Positive Mental Health
<b>Week 2</b>	Attitudes and Behaviours
<b>Week 3</b>	Parents Plus
<b>Week 4</b>	Making Connections
<b>Week 5</b>	Safe Talk Workshop
<b>Week 6</b>	Self-Awareness

**Starting**  
**Wednesday, 27 April.**

**APPLY NOW**  
[www.fetchcourses.ie](https://www.fetchcourses.ie) and  
use **FETCH** keyword  
**343391**

For more information contact Angela  
Phone: 0873331644  
email:  
[angelakelly@cmetb.ie](mailto:angelakelly@cmetb.ie)  
[shaunabradycmetb.ie](mailto:shaunabradycmetb.ie)

 **Rialtas na hÉireann**  
Government of Ireland

 Co-funded by the  
EUROPEAN UNION

[www.cmetb.ie](https://www.cmetb.ie)

Resilience is a vital attribute in life. It helps young people gain the skills for life that can help them deal with and manage challenging situations and circumstances that are unavoidable in life.

This course will begin to explore possible strategies and information on how we as a community, parents and family members can help to empower our young people to develop the skills needed to develop resilience.

For more information [CLICK HERE](https://www.cmetb.ie)

## Empower KIDZ: What children want professionals to know

Dear Professional,

I have lived with domestic violence and abuse, and I have been affected by what has happened. So please don't ignore me and please...

- 1. Do** introduce yourself and explain your job and role in words I will understand.
- 2. Do** speak in a soft tone. **NO RAISED VOICES.**
- 3. Do** ask how I feel and always consider my feelings. I need you tuned into my needs.
- 4. Do** UNDERSTAND THAT WHAT IS HAPPENING IS. I NEED YOU TO REALISE THE AMOUNT OF HURT IT CAUSES.
- 5. Do** TALK ABOUT **FIGHTING** AND **HURTING**, BUT TAKE TIME TO GET TO KNOW ME, THEN I WILL BE ABLE TO TELL YOU WHAT HAS BEEN HAPPENING.
- 6. DON'T** ask too many questions. Make questions simple and clear.
- 7. DON'T** RUSH ME TO SPEAK OR PUT ME UNDER **PRESSURE**.
- 8. Do** allow me to ask questions and really **LISTEN**. Just because I am a child should not mean my opinion doesn't matter.
- 9. Do** things to help me feel **Calm** and provide reassurance. I need you to help me feel like I'm not alone.
- 10. Do** KEEP ME **SAFE**. I HAVE NO CONTROL OVER WHAT HAPPENS IN MY FAMILY. THINK ABOUT THE IMPACT ON ME.

TUSLA An Ghníomhaireacht um Leasú agus an Teaghlach Child and Family Agency

By the children of Cavan & Monaghan who participated in the Empower kids initiative

Barnardos Because childhood lasts a lifetime

Eimear Kilpatrick has been undertaking a participation project called Empower Kidz. Barnardos Cavan/ Monaghan was awarded TUSLA funding to undertake this initiative at a regional level. The feedback and words of the children who participated has been used to create the poster attached, some of the children also helped guide the creative process and what the final output would look like.

What the children in the region have to say is extremely powerful and important so please do share widely so that their voice is given the necessary platform and influence it deserves.

Well done to all involved

## The Stronger Programme Regional Community Meetings

**HSE** Feilidheannacht na Seirbhíse Sláinte Health Service Executive

**AN CABÁN GAA**

**hi** Healthy Cavan

**The STRONGER Programme**  
**- Together we are Stronger -**

**STRONGER Advocate Training**  
In this practical course, STRONGER advocates will learn more about what matters to people when they are in turmoil, practice what you might say or do, and learn more about how psychological approaches (including cognitive-behavioural, solution focused and compassion focused) can be helpful.

**Regional Stronger Programme Community Meetings**  
Time for all meetings 7.30 - 9.15pm

Meeting	Date	Venue
1	Thurs 3rd March	Cornafean GAA
2	Thurs 10th March	Drumavaddy Community Centre
3	Mon 14th March	Killinkere GAA
4	Mon 21st March	Mullahoran GAA
5	Thurs 24th March	St Mary's Hall, Swanlinbar
6	Mon 28th March	Tullyvin Community Centre
7	Mon 11th April	Virginia Show Centre
8	Wed 13th April	St Patrick's College, Cavan
9	Thurs 28th April	St Patrick's Hall, Shercock

**Register at: <https://bit.ly/StrongerReg>**

**Further information from:**  
**Dr Paul Gaffney**  
Clinical Psychologist  
[info@drpaulgaffney.ie](mailto:info@drpaulgaffney.ie)

**Mark O'Rourke**  
Vice-Chairperson Cavan GAA  
[vicechairperson.cavan@gaa.ie](mailto:vicechairperson.cavan@gaa.ie)

**Tony Ryan**  
chair.hwc.cavan@gaa.ie



## Webinar for professionals and parents: Information needs when supporting an adolescent engaged in self-harm

What do parents want to know  
about adolescent self-harm:  
Findings from a NOSP project



Free online webinar  
for parents

— Register for this event at Eventbrite

Please join us for a virtual event for professionals working with adolescents engaged in self-harm and their families. We will discuss the results of a recent survey of what parents want to know.



Friday April 22<sup>nd</sup>, 2022 |  
2 p.m.- 3 p.m.



National Office  
for Suicide  
Prevention




**Free webinar for professionals** interested in learning more about what parents want to know about adolescent's self-harm. This webinar will take place on **Friday April 22<sup>nd</sup>, 2022, 2 p.m.- 3 p.m.** and will discuss our findings from this project which explored parents' needs for information on adolescent self-harm. Tickets can be booked through the link at: [EVENTBRITE](#)



5 things parents need to know  
about adolescent self-harm

Register for this  
event at Eventbrite:

Free online Webinar for parents:  
Tuesday April 26<sup>th</sup>, 2022 |  
7 p.m.- 8 p.m.



Additionally, a free webinar for anyone interested in learning more about self-harm in adolescents including **parents, guardians, or teachers**. This webinar will take place online on **Tuesday April 26<sup>th</sup>, 2022 from 7 - 8 p.m.** and will discuss findings from this project and 5 things parents need to know about adolescent self-harm. Attendees can book through the [EVENTBRITE](#) page.

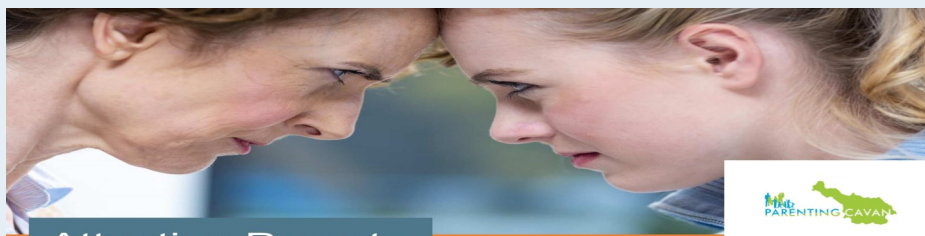
## Supports for Parents from Parenting Cavan



### Parenting Cavan presents the following Parents Plus Programmes for delivery in 2022.

Programme	Dates	Programme Schedule	Venue
Adolescent (11+)	26 <sup>th</sup> April-31 <sup>st</sup> May	Running for 6 weeks, every Tuesday evening- 7pm-9.30pm.	Online via Zoom.
Children's (6-12)	4 <sup>th</sup> May-8 <sup>th</sup> June	Running for 6 weeks, every Wednesday morning- 9.30am-12pm.	Ulster Bank Building, Cootehill.
New Healthy Families Workshop (0-12)	7 <sup>th</sup> May	3-hour Saturday workshop which includes guest speaker from <i>Calm Nights</i> on managing sleep issues for toddlers/children.	Cavan Crystal Hotel, Cavan.
Children's (6-12)	10 <sup>th</sup> May-14 <sup>th</sup> June	Running for 6 weeks every Tuesday evening- 7pm-9.30pm.	Online via Zoom.
Healthy Families Workshop (0-12)	11 <sup>th</sup> June	3-hour Saturday workshop- 10am-1pm.	Cavan Crystal Hotel, Cavan.

Parenting Cavan is an initiative which aims to support parents to support their families by providing information and free positive parenting programmes to all parents in Co. Cavan. To find out more information on any of the Parents Plus programmes or to book your place, please contact Joanne on 0877529948, or email [parentingcavan@cclid.ie](mailto:parentingcavan@cclid.ie). Facebook: parentingcavan.



### Attention Parents

Do you want to help your adolescent grow into a confident, well adjusted adult and reach their potential?

Join our free online, six week evening **Parents Plus 'Adolescent Programme'** age 11+ and meet other parents in a supportive group to make this a reality.

#### Support your adolescent to:

- Make responsible choices
- Communicate positively
- Feel empowered
- Achieve their goals

#### As a parent, learn how to:

- Improve communication with your teenager
- Find solutions to problems together
- Teach your teenager responsibility
- Have a better relationship with each other

**Date: 26<sup>th</sup> April- 31<sup>st</sup> May 2022 (Tuesday evenings for 6 weeks).**  
**Time: 7pm-9.30pm.**  
**Online via Zoom.**

**For more information, please contact Joanne, Parenting Cavan Coordinator on 087 7529948 or email [parentingcavan@cclid.ie](mailto:parentingcavan@cclid.ie).**



### Children's Programme(6-12 Years)

A free parenting evening course for 6 weeks on promoting confidence, learning and positive behaviour in children aged 6 to 12 years.

#### Topics Include:

Supporting children's self-esteem and confidence, promoting children's language and development, encourage their children learning and school work, building cooperation in young children, establishing daily positive routines, managing behaviour and emotional problems, reduce stress as a parent.

**Date: 10<sup>th</sup> May-14<sup>th</sup> June 2022 (Once a week for 6 weeks).**  
**Time: 7pm-9.30pm (Tuesday evenings).**  
**Where: Online via Zoom.**

**For more information or to reserve your place, contact Joanne on 0877529948 or email [parentingcavan@cclid.ie](mailto:parentingcavan@cclid.ie)**  
**Facebook @ parentingcavan**





# CAVAN NETWORKS NEWS



A newsletter brought to you by Cavan CYPSC

EDITION 18 APRIL

2022



ParentsPlus  
Empowering Professionals to Support Families



## Children's Programme(6-12 Years)

A free morning parenting course for 6 weeks on promoting confidence, learning and positive behaviour in children aged 6 to 12 years.

### Topics Include:

Supporting children's self-esteem and confidence, promoting children's language and development, encourage their children learning and school work, building cooperation in young children, establishing daily positive routines, managing behaviour and emotional problems.

### Cootehill Town

**Date:** 4<sup>th</sup> May- 8<sup>th</sup> June 2022 (Wednesday mornings for 6 weeks).

**Time:** 9.30am-12pm.

**Venue:** Ulster Bank Building, Main Street, Cootehill.

**For more information or to reserve your place, contact Joanne on 0877529948 or email [parentingcavan@cclid.ie](mailto:parentingcavan@cclid.ie) Facebook @ parentingcavan**



## Healthy Families Workshop with guest speaker "Calm Nights"

Join our free **Parents Plus Healthy Families - 3 hour workshop** and meet other parents in a supportive group to make this a reality.

### Support your children 6-12 to:

- Reduce their screen time
- Increase physical activity and active play
- Have a restful sleep routine
- Develop positive relationships

### As a parent, learn how to:

- Take back control from unhealthy environments
- Create a home environment that promotes positive physical and mental health
- Set rules and good habits around screen time
- Develop positive family relationships

**Date:** 7<sup>th</sup> May 2022 (Saturday).

**Time:** 10am-1pm.

**Venue:** Cavan Crystal Hotel Cavan.

**For more information or to reserve your place, contact Joanne on 0877529948 or email [parentingcavan@cclid.ie](mailto:parentingcavan@cclid.ie) Facebook @ parentingcavan**



## Attention Parents



**Do you want to help your family to be healthy and happy? Get in contact and join our free, 3 - hour workshop .**

- Healthy mealtimes & food routines
- Fussy eaters
- Children's self esteem and emotional well being
- Being more active as a family
- Healthy mind, happy mind.

**Date:** 11<sup>th</sup> June 2022 (Saturday).

**Time:** 10am-1pm.

**Venue:** Cavan Crystal Hotel, Cavan Town.

**For more information or to reserve your place, contact Joanne on 0877529948 or email [parentingcavan@cclid.ie](mailto:parentingcavan@cclid.ie) Facebook @ parentingcavan**



## Virginia Coffee Morning

### PARENT'S COFFEE MORNING

**Support & Feedback Session**

#### DATE

Tuesday 26th April  
10:30am - 12:30pm

#### VENUE

The Rural Hub,  
Virginia Co. Cavan,  
A82 CX44

#### ABOUT

Informal meeting with local  
parents to discuss upcoming  
needs in the community and  
services on offer locally.

All welcome, call in for a nice  
cup of coffee (or tea) and a  
chat!

Guest speakers on the  
morning.

#### CONTACT

##### AMIE FITZSIMONS

Rural Hub Community Facilitator  
085 866 3236

##### SANDRA CRAWLEY

Family Support Worker  
086 836 6153



The Rural  
Hub

## Innovation Recovery Courses



**Interreg**   
Northern Ireland - Ireland - Scotland  
European Regional Development Fund

 Special EU Programmes Body  
Funded by the European Union  
Board of Directors: UK Projects



# Free E-learning Mental Health and Wellbeing Courses

To get started, register today at:



**[mymentalhealthrecovery.com](https://mymentalhealthrecovery.com)**



NI (028) 7161 1237 / ROI (048) 7161 123



[VRC.Admin@westerntrust.hscni.net](mailto:VRC.Admin@westerntrust.hscni.net)

