

## PARENT HUB SPOTLIGHTS OF THE WEEK



**Congratulations to - Sligo Comhairle na nÓg LGBTI+ on the launch of**

**'Here for You' - Sligo Comhairle na nÓg LGBTI+ Short Animated Video.**

<https://www.dropbox.com/scl/fi/hsm6hggd62lh83n5v1c1n/Sligo-Comhairle-na-n-g-LGBTI-Short-Animated-Video.mp4?rlkey=oqmp2d8hfep0e4kdmqna7a1a7&dl=0>



### 7 Things Parents Need To Know About Snapchat

Lots of teens are using  Snapchat, if your child is one of them here's some things you need to know about the popular messaging app.

[https://www.webwise.ie/parents/snapchat-safety/?fbclid=IwAR02TmcJ\\_vssXdddZvkz7FiWd1XH7daHNh8cII9XwULt8W2brX0GXPifyTM](https://www.webwise.ie/parents/snapchat-safety/?fbclid=IwAR02TmcJ_vssXdddZvkz7FiWd1XH7daHNh8cII9XwULt8W2brX0GXPifyTM)



### Eating Disorders and Coping with Christmas

**November 23rd, from 7-9pm**

<https://www.parenthubslwc.ie/bodywhys-the-eating-disorders-association-of-ireland>



### Autism & Bullying

Bullying can be particularly challenging for individuals on the autism spectrum, and as their support system, it is crucial to provide them with the right tools and guidance

<https://www.parenthubslwc.ie/autism-bullying>



## Remembrance Service for Children, Infants & Pregnancy Loss-

Sligo Hospital is hosting their  
annual Remembrance Service

**15th November 8pm**

[https://www.parenthubslwc.ie/  
remembrance-service-for-  
children-infants-pregnancy-loss](https://www.parenthubslwc.ie/remembrance-service-for-children-infants-pregnancy-loss)

# MPACT<sup>®</sup>

Moving Parents And Children Together

## New Programme

**5th December 2023**

Supports families to address  
areas such as communication  
and coping strategies as well  
as educating family members  
on what addiction is and its  
impact on children and family  
life.

[https://www.parenthubslw  
c.ie/mpact-moving-  
parents-and-children-  
together](https://www.parenthubslwc.ie/mpact-moving-parents-and-children-together)



## Stress Control Classes

This course will teach you  
some great ways to tackle the  
common mental health problems:  
anxiety, depression, panic, poor  
sleep, poor wellbeing, low self-  
confidence and low self-esteem.

[https://stresscontrol.ie/stress  
-control/](https://stresscontrol.ie/stress-control/)

## Dads Group Sligo

**28th November 7pm**

Meet other dads in the area  
and explore parenting topics,  
supports and much much  
more.

[https://www.parenthubsl  
wc.ie/my-post392f556c](https://www.parenthubslwc.ie/my-post392f556c)

**For all things parenting visit [www.parenthubslwc.ie](http://www.parenthubslwc.ie)**



**The importance of sleep for our teenagers - A webinar for parents**

**Tue, 14 Nov 2023 7pm**

[https://www.eventbrite.ie/e/the-importance-of-sleep-for-our-teenagers-a-webinar-for-parents-tickets-745937809067?fbclid=IwAR3\\_PndOlDbx1shD0OJ3\\_GZ0NhtsrEvfp2gXKa-uL5jTBUBUHMNXnvnEAI](https://www.eventbrite.ie/e/the-importance-of-sleep-for-our-teenagers-a-webinar-for-parents-tickets-745937809067?fbclid=IwAR3_PndOlDbx1shD0OJ3_GZ0NhtsrEvfp2gXKa-uL5jTBUBUHMNXnvnEAI)



Home Youth  
Liaison Service

Sligo/Leitrim Home Youth Liaison Service, series of educational videos, to help parents, professionals and young people learn about the importance of staying safe online.

This Series will showcase both the positives and the negatives that can arise from online activity.

<https://www.youtube.com/watch?v=UeCnQ9tj1UU>



**Family Wellness Webinars by Longford Westmeath CYPSC**

**Webinar 2- Coping with Change & Managing anxiety in Children**

**15th November 2023**

<https://www.parenthubslwc.ie/coping-with-change-managing-anxiety-in-children>

**Webinar 3- Parenting Teens**

**Through Risky times**

**22nd of November 2023**

<https://www.parenthubslwc.ie/parenting-teens-through-risky-times>

**Webinar 4 - Shared Parenting and its Challenges**

**29th of November 2023**

<https://www.parenthubslwc.ie/shared-parenting>

**For all things parenting visit [www.parenthubslwc.ie](http://www.parenthubslwc.ie)**



## Sligo Science Festival and Science Week

**12th-18th NOV 2023**

This year's Sligo Science Festival takes place on the above dates, with the Sligo Science Fair taking place at ATU Sligo on Sunday 12th November. Please take a look at the Festival brochure and programme of events below!

[https://www.itsligo.ie/sligosciencefestival?fbclid=IwAR1zpJtOgLVSDIs7gRE-IMrbWc0-fFIJfdBwlcrf4ANn9B5mkX3nBY2\\_40](https://www.itsligo.ie/sligosciencefestival?fbclid=IwAR1zpJtOgLVSDIs7gRE-IMrbWc0-fFIJfdBwlcrf4ANn9B5mkX3nBY2_40)