



**HOLY FAITH
PARENTS ASSOCIATION
CLONTARF**



**We are delighted to invite all parents to our parents talk on
September 21st delivered by
Shane Martin C.Psychol.,Ps.S.I.**

Shane Martin is a psychologist dedicated to teaching the very best self-help psychology to empower people to enhance the quality of their lives. His Moodwatchers well-being programme has been delivered to community groups the length and breadth of Ireland. He has been a keynote speaker at numerous conferences on a range of topics around empowerment, recovery and happiness. A leader within the area of education, he has visited hundreds of educational institutions throughout the island of Ireland at primary, secondary and third level.

He is the author of the best selling self-help psychology book 'Your Precious Life - How to Live it Well' which was published by Orpen Press. He is also a poet and his third collection entitled 'Thin Lines' was published just before the pandemic arrived. His unique brand of no-nonsense psychology mixed with humour and storytelling has sold out theatres throughout Ireland

**Understanding Anxiety - Fostering a sense of calmness and control
Wednesday September 21st @ 7.30pm (after the PA AGM in Holy Faith School)**

Young people are more anxious in recent years. The uncertainty and upheaval of the pandemic has most definitely contributed to the growth in anxiety rates. However, parents and teachers had been reporting that anxiety was increasing anyway. The teenage years are like a 'minefield' and the world is more complicated than it used to be. It is genuinely very hard growing up in this complex world. Indeed, parents can become anxious themselves about their children. This talk examines anxiety and offers strategies for bringing more calm and control into our home and schools.