



Teachers attending any of the courses below must have completed the Introduction to SPHE 2 Day Course (www.sphe.ie)

<p>Mental Health Day 1</p> <p>Introduction to Promoting Positive Mental Health and Wellbeing</p>	<p>This course will address the issues of mental health in a realistic and relevant manner and will challenge attitudes and misconceptions while also looking at supports available to young people. <i>Participants receive the Mental Health Matters Pack</i></p>	<p>Date; 6th Feb 2012</p> <p>Time : 9.30-15.30</p> <p>Venue: The Education Centre Dromtacker Tralee To book: www.sphe.ie</p>
<p>Mental Health Day 2</p> <p>Change, Loss and Bereavement</p>	<p>Change, loss and bereavement can place young people in a vulnerable state and affect their well being. This course addresses and looks at ways of supporting young people. <i>Participants receive the "Working things Out through SPHE" DVD and Lesson pack. Teachers attending must have completed the Mental Health Day 1 course.</i></p>	<p>Date: 8th March 2012</p> <p>Time 9.30-15.30</p> <p>Venue The Education Centre Dromtacker Tralee To book : www.sphe.ie</p>
<p>Mental Health Day 3</p> <p>Mental Health Issues affecting Young People</p>	<p>Topics include body image, self harm, eating disorders, phobias and depression. <i>Participants receive the "Body whys SPHE resource and Working things Out through SPHE" DVD and Lesson pack. Teachers attending this course must have completed Mental Health Day 1</i></p>	<p>Date: 22nd March 2012</p> <p>Time 9.30-15.30</p> <p>Venue: The Education Centre Dromtacker Tralee To book: www.sphe.ie</p>

For a full list of all courses available in the region go to www.sphe.ie

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