



**Men's  
Development  
Network**

Better Lives for Men, Better Lives for All

## PARENT SUPPORT PROGRAMME



**Eight-week  
Online Course**

*conducted through Zoom*

# The Good Enough Parent



*Designed to support parents in  
building good relationships with  
their children aged 9–17 years*

**SESSION 1 FULLY BOOKED**

TUES, 10–11.30am, Sept 7th – Oct 26th

**SESSION 2 FULLY BOOKED**

TUES, 7–8.30pm, Oct 5th – Nov 23rd

**SESSION 3 REGISTRATION NOW OPEN**

THURS, 7–8.30pm, Oct 28th – Dec 16th

**Topics  
covered  
include:**

- **Communication**
- **Self-Esteem**
- **Problem Solving**
- **Conflict Resolution**
- **Setting Limits**
- **Drugs & Alcohol**



THIS COURSE SUPPORTS PARENTS IN THE GOOD JOB THEY ARE ALREADY DOING.



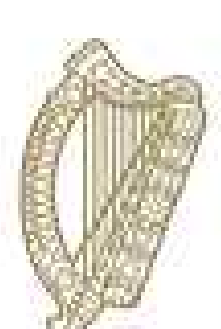
IT PROVIDES THEM WITH AN OPPORTUNITY TO TALK WITH OTHER PARENTS.



IT ALSO HELPS PARENTS LOOK AT HOW THEY COMMUNICATE WITH THEIR CHILDREN AND EACH OTHER.

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The MDN Parent Support Programme is funded by the HSE National Lottery



An Roinn Dlí agus Cirt  
agus Comhionannais  
Department of Justice  
and Equality



Seirbhís Sláinte  
Níos Fearr  
á Forbairt

Building a  
Better Health  
Service



Ireland's Child & Family Agency

"We confirm that the Men's Development Network complies with the Governance Code for the Community, Voluntary and Charitable Sector of Ireland."