



NATIONAL FAMILY SUPPORT NETWORK

VIRTUAL CONFERENCE & WELLBEING EVENT

FREE

FRIDAY 22ND JANUARY 2021

SATURDAY 23RD JANUARY 2021

DUAL DIAGNOSIS

DUAL DIAGNOSIS IRELAND ARE HERE TO DISCUSS THE ISSUE OF DUAL DIAGNOSIS. "DUAL DIAGNOSIS" IS THE TERM USED WHEN A PERSON SUFFERS FROM BOTH A SUBSTANCE ADDICTION PROBLEM AND ANOTHER MENTAL HEALTH ISSUE SUCH AS DEPRESSION OR AN ANXIETY DISORDER. DUAL DIAGNOSIS CAN ALSO BE KNOWN AS CO-MORBIDITY.

9.30AM - [CLICK HERE TO BOOK](#)

2.00PM - [CLICK HERE TO BOOK](#)



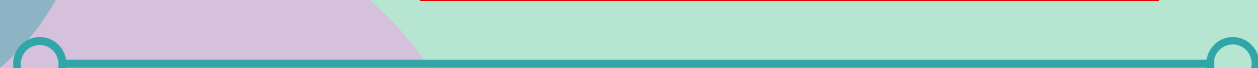
NON-VIOLENT RESISTANCE

EILEEN LAUSTER

THIS WORKSHOP WILL RAISE AWARENESS ABOUT THE ISSUE OF WHAT CHILD TO PARENT VIOLENCE AND ABUSE IS AND HOW THE NON-VIOLENT RESISTANCE APPROACH CAN HELP END THE SHAME AND SECRECY ASSOCIATED WITH IT.

9.30AM - [CLICK HERE TO BOOK](#)

2.00PM - [CLICK HERE TO BOOK](#)



KINSHIP CARE

EMMA BYRNE-MACNAMEE, KINSHIP CARE IRELAND

THE COORDINATOR OF KCI WILL DISCUSS THE RIGHTS AND ENTITLEMENTS OF KINSHIP CARERS AND PROVIDE AN OVERVIEW OF THE WORK OF THE ORGANISATION, TO ACHIEVE GREATER RECOGNITION OF KINSHIP FAMILIES WITHIN SYSTEMS AND SERVICES, THROUGHOUT IRELAND

11.00AM - [CLICK HERE TO BOOK](#)

3.30PM - [CLICK HERE TO BOOK](#)



DRUG RELATED INTIMIDATION

LISA WHELTON, NFSN

AN IRISH CONTEXT TO RESPONDING TO DRUG RELATED INTIMIDATION

11.00AM - [CLICK HERE TO BOOK](#)

3.30PM - [CLICK HERE TO BOOK](#)



JUST CLICK ON THE LINK BESIDE THE TIME YOU WANT TO BOOK AND THIS WILL TAKE YOU TO EVENTBRITE TO MAKE YOUR BOOKING.

IF YOU NEED ANY ASSISTANCE PLEASE CALL US ON 01-898 0148 OR EMAIL LORRAINE AT INFO@FSN.IE- WE WILL BE HAPPY TO HELP!

EACH WORKSHOP RUNS TWICE SO YOU CAN DO AS MANY AS YOU WANT. THERE ARE 25 SPACES IN EACH WORKSHOP SO BOOK QUICKLY

THE FIRST 250 BOOKINGS WILL RECEIVE A CARE PACK

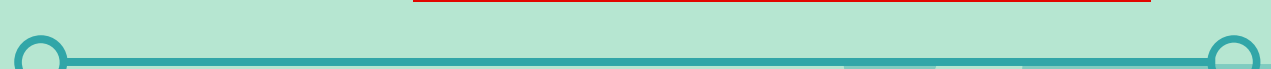
BEREAVEMENT

SILE LEECH, M.I.A.C.P.

HONOURING YOUR GRIEF AND YOUR LOVED ONE'S PASSING

10AM - [CLICK HERE TO BOOK](#)

1.30PM - [CLICK HERE TO BOOK](#)



POSITIVE PSYCHOLOGY

CHRIS RANKIN

LOOK AFTER YOUR MIND

10.00AM - [CLICK HERE TO BOOK](#)

3PM - [CLICK HERE TO BOOK](#)



LAUGHING YOGA

AOIFE NELSON

A LAUGHTER YOGA SESSION IS A SERIES OF FUN AND INTERACTIVE EXERCISES LEAD BY AN EXPERIENCED LAUGHTER YOGA LEADER. IT IS SUITABLE FOR ALL AGES, ABILITIES & FITNESS LEVELS. PARTICIPANTS CAN SITTING OR STANDING

11.30AM - [CLICK HERE TO BOOK](#)

1.30PM - [CLICK HERE TO BOOK](#)



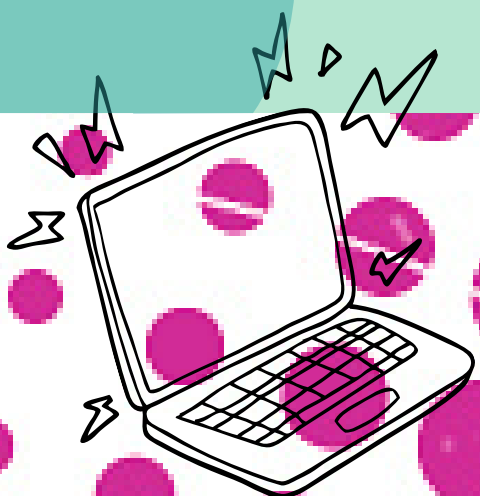
MINDFULNESS

PAULA GARRETT

LIVING MINDFULLY MEANS BEING FULLY PRESENT IN THE HERE AND NOW. IT IS THE PRACTICE OF PAYING ATTENTION SO THAT WE CAN LEARN TO DEAL MORE EFFECTIVELY WITH THOSE TIMES THAT MAY BE STRESSFUL

11.30AM - [CLICK HERE TO BOOK](#)

3PM - [CLICK HERE TO BOOK](#)



BOOKINGS ARE OPEN TO NFSN AFFILIATED MEMEBERS ONLY FROM WEDNESDAY 16TH DECEMBER 2020

BOOKINGS ARE OPEN TO THE WIDER PUBLIC FROM WEDNESDAY 23RD DECEMBER 2020

ALL QUERIES TO INFO@FSN.IE OR CALL 01-898 0148



Just breathe