

Dear Parents,

We hope this email finds you well and safe.

As you know, Jigsaw Cork offers a range of youth mental health promotion workshops to support young people, parents, significant adults, teachers and professionals to build their awareness around youth mental health. 2020 was difficult for everyone – uncertainty, stress, worry about family and friends, lack of opportunity for that really important level of in person connection.

During 2020, Jigsaw has developed new and innovative ways to provide our already well-established programmes of workshops and we are now pleased to offer these online.

Jigsaw Cork and Carrigaline Community School are still *in partnership* in completing the **One Good School** Framework together.

After meeting together, the school Leadership felt it would be important to offer support to parents during these unprecedented times.

Please find below information on Our Self Care for Parents workshop,

Our SELF Care for Parents is a one-hour workshop.

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Self-Care for Parents

Suitable for: Parents and guardians

Duration: 1 Hour

Format: Delivered **Online**, self-directed learning at own pace.

Participants will:

- **Have a greater understanding of what self-care is**
- **Have a greater understanding of the importance of looking after their own wellbeing in their role as a parent.**
- **Be more aware of their own self-care needs.**
- **Be able to develop their own self-care plan.**

How: Go to this link and get started: <https://jigsaw.ie/self-care-course-for-parents/>

Step 1. Enter the link in web browser.

Welcome to Jigsaw's eLearning portal for parents - please create your profile, or sign in, to access our online courses.



JIGSAW Young people's health in mind

Sign in to Jigsaw Parents

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Password

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Password Confirmation

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Course Name (A-Z) ▾



MENTAL HEALTH AWARENESS FOR PARENTS



Mental Health Awareness for Parents

★★★★★ · Released 14 Dec 2020

This 40-minute course for parents or guardians of Primary and Post-Primary students (+12 years) aims to raise awareness about youth mental health, identify ways to promote and support youth mental he... [Read More](#)

☰ 3 Modules

★ 11 Reviews

⇌ Enroll

SELF-CARE FOR PARENTS



Self-Care for Parents

★★★★★ · Released 11 Dec 2020

This is a 40-minute course for parents/guardians of young people, which explores the importance of looking after your own wellbeing as a parent while supporting the young person in your life.

☰ 3 Modules

★ 6 Reviews

⇌ Enroll

Details

Self-Care for Parents

Content 3 Modules

Rating ★★★★★ 6 Reviews

Reviewer/Instructor Shirley Benton

Released 11 Dec 2020

[→ Go to Course](#)



About

Browse & Search the course catalog. Feel free to enroll in courses you are interested in.

Description

SELF-CARE FOR PARENTS



This is a 40-minute course for parents/guardians of young people, which explores the importance of looking after your own wellbeing as a parent while supporting the young person in your life.

Objectives

After completing this course, you will:

- Have a greater understanding of what self-care is
- Have a greater understanding of the importance of looking after your own wellbeing as a parent while supporting a young person in your life
- Be able to develop your own self-care plan