

ONE GOOD COACH

Promoting young people's mental health

One Good Coach: Promoting young people's mental health

This 1 hour presentation is aimed at One Good Adults who coach or train young people in a wide variety of sports.

Learning Outcomes

As a result of this workshop, participants will:

- Have a greater understanding of mental health
- Have a greater understanding of the importance of their role as One Good Adult
- Have a greater awareness of how to promote and support young people's mental health in their role as Coach
- Learn about their local Jigsaw and how young people can access the service

We are Jigsaw...

leading the change in youth mental health.

Workshop Information.

Where: St Sylvester's GAA Club

When: 14th September 2017

Time: 8:00p.m.

Contact: Barbara Condon

JIGSAW
NORTH FINGAL
Young people's
health in mind