

# Design for Living partnership

Young people and self-esteem - series of four seminars 2007



**Health  
Promotion  
Agency**

## Young people and self-esteem seminars

**Following the success of previous training events around the theme of young people and self-esteem, the Health Promotion Agency for Northern Ireland (HPA) has organised a series of seminars, which are being delivered between September and December 2007.**

The seminars are supported by the Design for Living partnership, comprising Action Mental Health, Youth Council for Northern Ireland and the HPA, and facilitated by key speakers who have vast expertise in the field of mental health, self-esteem and young people. Each seminar will focus on a different aspect of self-esteem and young people.

### **Potential participants**

The seminars will be of interest to anyone from the community, voluntary or statutory sectors who works with children and young people in a range of settings. They will be of particular benefit to youth and community workers, social workers, teachers, health promotion workers, primary care workers and others in the allied health professions who have an interest in the promotion of positive mental health.

### **Cost**

£40 per seminar for community/voluntary organisations  
£55 per seminar for statutory/private organisations

### **Booking**

A separate booking form should be completed for each seminar and each person attending. As we anticipate high demand, please return your booking form as soon as possible to avoid disappointment.

You can download a PDF of the flyer, and download or submit booking forms online at: [www.healthpromotionagency.org.uk](http://www.healthpromotionagency.org.uk)



## Child and adolescent mental health

### Date

Wednesday 19 September 2007

### Venue

Ramada Hotel, Belfast

### Facilitator

Simon Ward is a senior educational psychologist with the Children, Schools and Families Service in Sefton, England. He is currently part of a team delivering the mental health training strategy and has experience in leading a project to develop emotional literacy in schools.

### Closing date for applications

4 September 2007

## Promoting mental health through physical activity

### Date

Tuesday 2 October 2007

### Venue

Glenavon House Hotel, Cookstown

### Facilitator

Ken Fox is Professor and Research Fellow at the Department of Exercise and Health Sciences, University of Bristol. The bulk of Ken's research looks at the psychology of exercise and the link between physical activity and mental health.

### Closing date for applications

17 September 2007





## Young men and self-esteem

### Date

Wednesday 7 November 2007

### Venue

Comfort Hotel, Antrim

### Facilitator

Trefor Lloyd, from the London-based Working with Men project, has been involved in developing work with men for over 19 years. Working with Men provides training, consultancy and a broad range of resources for professionals and currently has 15 projects targeting boys, young men and fathers.

### Closing date for applications

23 October 2007

## Self-esteem and relationships

### Date

Monday 10 December 2007

### Venue

Lagan Valley Island, Lisburn

### Facilitator

Dr Tony Humphreys is a Cork-based consultant clinical psychologist, a national and international speaker and an author. A specialist lecturer on education, communication and self-realisation in University Colleges Cork and Limerick, he is also a Senior Fellow at the National College of Ireland, Dublin, and has been working in private practice since 1990.

### Closing date for applications

23 November 2007







**Health  
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action mental health



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