

How can we stay connected and have boundaries set in place too?

How do I best support my teen through change?

What happens when they are anxious?

NAVIGATING BIG SCHOOL WITH YOUR YOUNG PERSON

Is this normal?

How do I best care for my teen in a digital age?

How do I start the conversation?

We would love to invite you to an evening where we have opportunity to discuss some of these issues.

WHERE?

Causeway Coast Vineyard

WHEN?

Tuesday 7th June @ 7.30PM

TO REGISTER:

causewaycoastvineyard.com/navigating



We have invited some professionals in Mental Health and Education to join the conversation, sharing some insight, helpful tools and encouragement as you navigate this new season with your young person.

WHO WE ARE



Dr John McIlvenna

John is a Consultant Psychiatrist within the Northern Trust. He has a special interest in positive psychology and champions resilience and emotional and mental wellbeing. John has a breadth of experience in providing support and helpful tools for navigating everyday life. He brings expertise combined with practical ways of supporting families.



Lydia McIlvenna

Lydia has a background in Primary teaching and is currently an Education Pastor. She has a breadth of experience in writing and delivering programmes within schools and community that aim to develop resilience, improve emotional wellbeing and empower young people to understand their worth and purpose.



Joshua Russell

Joshua has 10 years experience working with young people in a range of settings. He is the Youth Pastor at Causeway Coast Vineyard and oversees all environments for 11-18's. Joshua has a passion to see young people raised and released into who they are becoming and all that they can achieve.



Liz Johnston

Liz is a trained nurse in emergency nursing with a degree in Health Studies. She is currently a Families and Connection Pastor and Link person with Safe Families. Liz facilitates parenting, marriage and resilience courses.