

# Parental Consent

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

School/ Centre: \_\_\_\_\_  
\_\_\_\_\_

Age: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Parental School Consent: \_\_\_\_\_  
\_\_\_\_\_

Signature: \_\_\_\_\_



for further details, please contact:

**Maureen Mc Intyre, Youth Officer,  
Co. Cavan VEC,  
Church View Square,  
Cavan.**

**Tel: 049 4353955**

**Mobile: 087 295 4964**

**email: mmcintyre@cavanvec.ie**



Project supported by the European Union's PEACE III Programme managed for the Special EU Programmes Body by the County Cavan PEACE III Peace and Reconciliation Partnership.



**A Cross Border Youth Conference**

# Positive Mental Health & Happiness

**A Cavan Youth  
Consultation Group  
Initiative**

**May 5th, 2011**

**Youth Leaflet**

**Cavan Crystal Hotel,  
Dublin Road, Cavan**

*\* All food and transport  
are provided free  
of charge.*

**Produced by County Cavan  
VEC Youth Service on behalf  
of Co. Cavan Youth Consultation Group.**

**5th of May**

## **Youth Leaflet**

**10am - Registration and Key Note Address.**

**10:30 - Workshops commence.**

**12.30 - Lunch & refreshments.**

**1.15– Workshops re-commence.**

**3pm - Evaluation & close.**

**The HSE will be carrying out a county wide 'Youth Consultation on Health and Social Well- Being of Young People in Co. Cavan, under the CAWT project'**

### **WORK SHOP TITLE:**

## ***The Management of Abusive Behaviour***

*Facilitated by Derek Robinson of Anger Management Ireland*

Anger Management Ireland provides training for groups of professionals and anyone else who is interested in learning about anger management – or as they prefer to call it 'the management of abusive behaviour' with a view to working with groups or individuals in their communities. Participants will be introduced to the principles behind the Management of Abusive Behaviour programme and they will learn the techniques and ideas which are included in the 8 steps that make up the programme. They will also learn about the setting up of and the facilitation of a group programme.

### **WORK SHOP TITLE:**

## ***Laughter Yoga***

*Facilitated by Aisling Coleman of Laughter Yoga Ireland*

This workshop will introduce participants to Laughter Yoga which is a blend of yogic deep breathing, stretching, stimulated laughter exercises and cultivated child-like playfulness. Laughter Yoga offers an alternative aerobic exercise, a supplementary and preventative therapy against other ailments; natural pain relief through increasing the level of endorphins in the body; an aide in the prevention of depression, anxiety and psychosomatic disorders; improved breathing capacity strengthened immune system; increase confidence and positive outlook.

### **WORK SHOP TITLE:**

## ***Drama Workshop***

*Facilitated by Delphine Coudray*

Delphine Coudray discovered her passion for the Performing Arts in college. In 2001, she pursued more training with the National Association for Youth Drama (NAYD) and taught Drama in schools (children with special needs) and groups around Dublin and Meath. She has been working free-lance as a workshop facilitator and set up her own company, Oulala Productions. Delphine is also the acting chairperson of Cultùr, an organisation promoting integration and a multi-cultural Ireland through the Arts, Sports, Language Programmes and Awareness Training.

### **WORK SHOP TITLE:**

## ***Creative Thinking***

*Facilitated by Greenhat, Lisnaskea, Co. Fermanagh*

Green Hat provides bespoke training with a creative twist. They provide a fresh, energetic and participative approach to training and development activities, creating a productive, fun and rewarding learning environment. Green Hat is passionate about facilitation and the benefits that a skilled, neutral and external facilitator can bring to a process. Our facilitators are experienced in working on community-based activities, forums, areas of conflict & contention, committee & board meetings, organisational development, policy development and consultation processes.

# Application Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Project affiliated with: \_\_\_\_\_  
\_\_\_\_\_

Contact number: \_\_\_\_\_

Signature: \_\_\_\_\_

for further details, please contact:

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Co. Cavan VEC,  
Church View Square,  
Cavan.  
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Mobile: 087 295 4964  
email: mmcintyre@cavanvec.ie**



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**A Cross Border Youth Conference**

# Positive Mental Health & Happiness

**A Cavan Youth  
Consultation Group  
Initiative**

**May 6th, 2011**

**Youth Leaders,  
Practitioners, Volunteers,  
Tutors, Parents**

**Cavan Crystal Hotel,  
Dublin Road, Cavan**

*Produced by County Cavan  
VEC Youth Service on behalf  
of Co. Cavan Youth Consultation Group.*

**6th of May**

**Youth Leaders,  
Practitioners,  
Volunteers,  
Tutors, Parents**

**10am - Registration.**

**10:30 - Key Note Address  
by Davy White.**

**11am - Workshops commence.**

**1pm – 3 - Course Lunch &  
refreshments.**

**2pm – Workshops re-commence.**

**3pm - Close & evaluation.**

**WORK SHOP TITLE:**

## ***Creative Thinking***

*Facilitated by **Greenhat, Lisnaskea, Co. Fermanagh***

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**WORK SHOP TITLE:**

## **What Makes People Happy? - The Science of Positive Psychology**

*Facilitated by **Shane Martin of Moodwatchers***

Shane Martin is a psychologist dedicated to teaching the very best self-help psychology to empower people to enhance the quality of their lives. Shane aligns himself to the school of Positive Psychology which investigates the strengths rather than weaknesses in people. He is passionate about the need for psychology to be applied to help people become stronger and mentally prepared for the inevitable crises that are part of life's journey. His message is that we all have within ourselves the capacity to turn things around. It is never too late for positive change but it does not come from wishing or hoping. People have to open their minds to their unique potential and become stronger by tapping into their inner strengths. They have to embark on a journey of self-discovery and invest in their wellness on a daily basis. If we want to be happier and healthier, we have to invest in the strategies that are scientifically proven to enhance health and increase happiness.



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*Facilitated by **Derek Robinson of Anger  
Management Ireland***

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