



# Communicating with Teenagers

Talk by Alan Gregory, Senior Psychologist, National Educational Psychology Service, Dept. of Education & Skills.

**“How to talk so teens will listen and listen so teens will talk”**

This talk will explore:

- Communication styles and techniques to improve communication.
- Conflict – when we stop listening to each other and how to resolve it.

This is part of a series of free talks on Youth Mental Health which is open to everyone who has an interest in Youth Mental Health. Further information on all talks is available at: [www.ecsligo.ie](http://www.ecsligo.ie) or [www.alive2thrive.ie](http://www.alive2thrive.ie) and FaceBook Page: [alive2thrive](https://www.facebook.com/alive2thrive)



Date	Time	Venue
Thursday, 5 <sup>th</sup> . October	7pm – 9pm	Carrick Education Centre
Tuesday 5 <sup>th</sup> December	7pm – 9pm	Pastoral Centre, Ballymote
Thursday, 7 <sup>th</sup> December	7pm – 9pm	Bee Park Centre, Manorhamilton

*If you are interested in attending this public talk, please book you place by contacting:*

Talks in Sligo: Contact Sligo Education Centre, (071) 9138700 or Email: [info@ecsligo.ie](mailto:info@ecsligo.ie)

Talks in Leitrim: Contact Carrick Education Centre, (071) 9620383 or Email: [office@carrickedcentre.ie](mailto:office@carrickedcentre.ie)

This is a FREE event organised by the Sligo and Leitrim Youth Mental Health Initiative and sponsored by Sligo Education Centre, Carrick Education Centre and HSE West.