

# Raising Resilient Children in the Digital Age

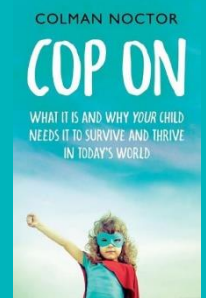


**Dr Colman Noctor**

**Tuesday November 19<sup>th</sup> 2019**

**Abbey Hotel, Roscommon**

**7.00 - 8.30pm**



Colman will be discussing some of the challenges parents face particularly in relation to technology and family life, understanding children's online worlds, internet safety, and ways you can help to make your child more resilient.

Dr Colman Noctor is a Child and Adolescent Psychotherapist in St Patrick's Adolescent Mental Health Services and an Assistant Professor in Trinity College Dublin. His specialist area of interest is in the impact of technology on our lives. Colman is the best-selling author of 'Cop On', a parenting book for the technological age, and is a regular contributor to the broadcast and print media.

This free event is brought to you by Planet Youth Roscommon

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