

Healthy Ireland at your Library

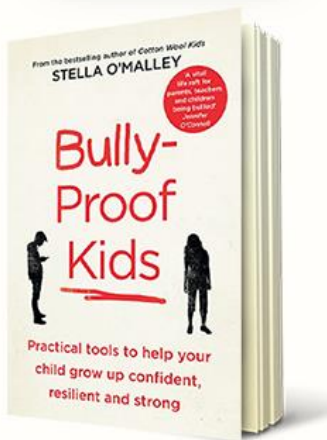
Cavan Library presents

Bully-Proof Kids: Raising Happy Kids in an Anxious World.



A talk by Stella O'Malley

Psychotherapist & Bestselling Author



Stella's writing and counselling focuses on mental health and the importance of well-being. She is a regular contributor to Newstalk radio and the Irish Independent. Stella's first book 'Cotton Wool Kids' was highly acclaimed and was followed by her bestseller 'Bully-Proof Kids: Practical tools to help kids grow up confident, resilient and strong' in 2017.

When: Wednesday 13th February

Time: 7.00pm

Where: Cavan Town Library

BOOKING ADVISED! Ring 049 4378501

Free