

ag obair le chéile working together  
DO LEANAÍ FOR CHILDREN

Coiste Seirbhísí Leanaí Dhún na nGall Donegal Children's Services Committee



Parent Hub Donegal Presents a

# Parent INFORMATION FAIR

On All Things Parenting from Birth to Adolescents

At The  
Central Library  
Letterkenny

Thursday 13th November

10 am to 4 pm

There will be short talks  
information stands  
and spot prizes

**PLUS LOTS MORE**

For More  
Information  
Pick up a Flyer  
At The Central  
Library

SLEEP

HEALTHY  
NUTRITION

PARENTS  
HEALTH &  
WELLBEING

ADHD

ADD

ADOLESCENT  
MENTAL  
HEALTH

Parent Hub  
**DONEGAL**  
your online resource for all things parenting