

FRÓÐIR FORELDRAR

(‘PARENTS UNITED’)

presents:

“MY STOMACH HURTS. CAN I STAY HOME TODAY?”

Advice on anxiety for parents, children and teenagers in the districts of Vesturbær, Central Reykjavík and Hlíðar.

TUESDAY | NOVEMBER BETWEEN 8 AND 10PM AT THE IÐNÓ VENUE BY THE TJÖRNIN LAKE

What is FRÓÐIR FORELDRAR?

Fróðir foreldrar (‘Parents United’) is a partnership between the parents’ associations of the compulsory schools in the districts of Vesturbær, Central Reykjavík and Hlíðar, the Tjörnin recreational centre, the youth councils of Vesturbær, Central Reykjavík and Hlíðar and these districts’ Municipal Service Centres.

The partnership’s aims are:

- To provide opportunities for the voices of parents and young persons within the districts’ school communities to be heard.
- To draw on the collective strength of parents as a key part of prevention and early intervention in the upbringing of children.
- To make use of the human capital available within the districts and bring it into contact with the local communities.
- To organise educational evenings based on the wishes and ideas of parents in the districts.

Stuðboltar – anxiety prevention programme

Unnur Tómasdóttir, Director of the Eldflaugin recreational centre

Launched in 2014, the Stuðboltar programme provides group projects for children who worry too much.

Participants have shown much improvement.

Unnur will discuss the programme and give useful advice for the parents of young children.

What is anxiety?

HUGRÚN, the Icelandic nursing students’ association for mental health education.

HUGRÚN will discuss mental health and how to talk about anxiety with young people.

Practical advice for bringing up children with anxiety problems

Kolbrún Karlsdóttir, psychologist with the Municipal Service Centres for Vesturbær, Central Reykjavík and Hlíðar.

Kolbrún will discuss effective ways of working with children suffering from anxiety, both in parenting and education settings.

Svavar Knútur tells his story and plays music.

The evening will close with questions and answers followed by chat and discussion, with the participation of the evening’s speakers.

Actor **Þorsteinn Guðmundsson** will preside over the evening’s programme.

Registration: <https://goo.gl/forms/VPPQ2NVcwGgqwxBI3>

