



Monkstown
Educate
Together
National School

The Ethos Committees of DSP & METNS
invite you to a Panel Discussion on



Dalkey School Project
National School

Wellness & Our Families

Exploring Challenges and Strategies

Panel Discussion with:

Niall Breslin (Bressie)

Mental health advocate, musician, sports person,
author of 'Me and My Mate Jeffrey'

Niamh Bruce

Mindfulness facilitator, programme developer
and teacher trainer at The Sanctuary

Sinead Hanly

Psychotherapist and counsellor
Bray Counselling and Therapy Centre

Dr. Yvonne Quinn

Senior clinical psychologist
HSE Dublin South Psychology Service

The panel discussion will be moderated by

Bobby Kerr

Chairman Insomnia Coffee, Entrepreneur,
Broadcaster (Newstalk) and Dragon's Den investor

Tuesday, May 23rd 2017 | 7.30pm

METNS School Hall,

Kill Avenue, Dun Laoghaire

followed by wine/cheese reception

Places are limited. Please book early to avoid disappointment.

To book visit metns-dsp-wellness.eventbrite.ie

or text name and number of tickets required to 086 382 4728

Eventbrite



Our Panellists



Niall Breslin (Bressie)

Mental Health Advocate, Musician, Sportsperson, Author of 'Me and My Mate Jeffrey'

Niall Breslin, known as Bressie, is an award-winning musician, mental health advocate, music producer, television presenter, songwriter, and bestselling author. Bressie found success as the lead singer, guitarist and songwriter with The Blizzards, and as a solo artist. He was also a coach on the massively successful The Voice Of Ireland television show.

His social enterprise www.alustforlife.com is an award winning national wellbeing movement created to transform how we talk about and treat mental health. Since its launch, the website has reached millions of people in Ireland and throughout the world.

Bressie's debut book *Me and My Mate Jeffrey*, which dealt bravely and openly with his struggle with depression and battle to overcome it, won the Popular Non-Fiction Book of the Year award at the 2015 Irish Book Awards.

By challenging stigma and leading by example, Bressie is a force to be reckoned with. As a unique artistic individual whose attitude and influence continues to inspire others, he will continue to be a leading voice in contemporary Irish life.



Sinead Hanly

Psychotherapist and Counsellor, Bray Counselling and Therapy Centre

Sinead set up the Bray Counselling and Therapy Centre in 2007. She is a highly qualified and experienced counsellor and family therapist. Her practice includes individuals, families and couples.

Sinead also works as a consultant, facilitator and trainer and has been involved in many initiatives including The Homeless Agency and The Family Support Agency. She has a particular interest in counselling for low vision and sight loss.

Sinead is a past parent of both schools - Seán ex METNS and Bearach ex DSP!

Panel members have a broad range of expertise in the area of mental health, building resilience and promoting holistic wellness. They will also provide lots of practical parenting strategies.



Niamh Bruce

Mindfulness Facilitator, Programme Developer and Teacher Trainer at The Sanctuary

Niamh Bruce was a former Executive Director and Director of Programmes for The Sanctuary (a non-profit meditation centre in Smithfield area) for over ten years. She now continues to work for The Sanctuary and others on a freelance and consultancy basis.

As a mindfulness facilitator, Niamh has also developed a range of programmes. With a strong interest and role in mindfulness and young people, she has co-developed the Sanctuary Warrior Programme for young people who are finding the journey to maturity and social integration challenging. In addition, Niamh co-developed and delivers the M2M training for the National Youth Council of Ireland (NYCI). Niamh is also a teacher trainer for the Mindfulness in Schools Programme (MiSP) and the .b (dotb) programme for 11-17 year olds.

Niamh has presented at several national conferences and has written articles and published books and CDs on the subject of mindfulness. Above all, Niamh has a daily practice and a passion for mindfulness and also for the sharing with and learning from others to support the integration of mindfulness practice into our lives.



Dr. Yvonne Quinn

Senior Clinical Psychologist, HSE Dublin South Psychology Service

Yvonne is a senior clinical psychologist who has worked for almost 10 years in HSE Psychology Services – both within child and adolescent mental health and in primary care settings. She regularly facilitates talks on aspects of parenting hosted by the HSE Dublin South Psychology Service. Her interests include neuro developmental disorders in children, peri and post natal mental health and supporting and promoting children and families to promote resilience and positive mental health across the lifespan.

She has completed additional training in areas including autism, developmental assessments and psychotherapeutic approaches, such as Cognitive Analytic Therapy. Currently, she is treasurer of The Psychological Society Special Interest Group in Perinatal and Infant Mental Health.

The panel discussion will be moderated by Bobby Kerr, entrepreneur (Insomnia Coffee) and broadcaster (Dragon's Den, Newstalk Radio)

Our Moderator



Bobby Kerr

Chairman Insomnia Coffee, Entrepreneur, Broadcaster (Newstalk) and Dragon's Den investor

Bobby Kerr is Chairman of Insomnia Coffee, a weekend radio presenter on Newstalk 106-108FM, an entrepreneur and Dragon's Den investor.

He presents "Down to Business" the popular business show on Saturday mornings and "Bobby's Late Breakfast", a lifestyle magazine show on Sundays.

Bobby has many varied business interests, but also finds time for motivational speaking and is involved in raising money for several charities including The Special Olympics, Habitat for Humanity and Saint Luke's Hospital. He recently openly shared his experience of battling cancer and inspired listeners with his positive mental attitude in the face of his diagnosis.