

Parenting Programmes in South Tipperary: January - March 2016



| <i>Parenting Programmes</i> | | | | | |
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| <u>Area</u> | <u>Details of programme</u> | <u>Date of Commencement; Duration</u> | <u>Venue</u> | <u>Target Group</u> | <u>Contact Details</u> |
| Gortnahoe / Slieve Ardagh area | Incredible Years: <u>Group programme:</u> - Improving Communication - Positive Reinforcement - Promoting self- esteem - Building strong relationships in the family | <ul style="list-style-type: none"> End of January / beginning of February 2016 14 weeks | Community Hall, Gortnahoe | Parents of pre-school children from the area | Julie O'Halloran Development Worker, Millennium Family Resource Centre Tel. (052) 9157992 (083) 1008075 |
| Tipperary town | Positive Parenting: <u>Group programme:</u> Building Strong Relationships and managing difficult behaviour. | <ul style="list-style-type: none"> Start date dependent on sufficient numbers 6/8 weeks | Knockanrawley Resource Centre, Tipperary town | Parents of children, 0 – 12 years | Helen Buckley, Parent & Family Support Programme, Knockanrawley Resource Centre. Tel. (062)52688 |
| Cashel | Positive Parenting Group programme | <ul style="list-style-type: none"> Dependent on numbers 6/8 weeks | Spafield Family Resource Centre | Parents of children, 0 – 12 years | Spafield Family Resource Centre, Cashel Tel. (062)) 63622 |
| | Parents Plus Adolescent Programme: <u>Group programme:</u> - Handling conflict - Solving problems - Getting on better with your teenager | <ul style="list-style-type: none"> Thursday, 4th February 2016 7.30 – 9 p.m. 6 weeks | Spafield Family Resource Centre, Cashel | Parents of older children & teens: 11-16 yrs Cashel area | Spafield Family Resource Centre, Cashel Tel. (062)) 63622 |

Parenting Support

| <u>Area</u> | <u>Details of services</u> | <u>When</u> | <u>Venue</u> | <u>Target Group</u> | <u>Contact Details</u> |
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| Clonmel | Partnership with Parents: <ul style="list-style-type: none"> i. Child & Parent relationships ii. Behaviour iii. Routines iv. Health v. Education <p>Available on a one-to-one basis for parents</p> | <ul style="list-style-type: none"> • As required | Barnardos office, Clonmel | Parents of children and teenagers 0 – 17 years | <i>Barnardos</i> <i>Tel. (052) 6170665</i> <i>(052) 6170750</i> |
| Clonmel | One-to-One Parenting Support: <ul style="list-style-type: none"> • Advice on parenting | <ul style="list-style-type: none"> • Tuesday • 10 – 12.30 p.m. • Drop-In or by appointment | Le Chéile, Respond Centre, Oakland Drive, Clonmel | Parents of children, 0 – 12 years From Clonmel town and environs | <i>Patricia Power,</i> <i>Le Chéile, Respond</i> <i>Tel. (052) 6129589</i> <i>087 1954752</i> |
| Clonmel / Cahir / Cashel | Clonmel Community Mothers Programme: <ul style="list-style-type: none"> - Information re. Child Development & Parenting - Home Visits (Community Mothers) - Ante-natal support - Breast-feeding support - Mother & Baby Groups - Parent & Toddler Groups | <ul style="list-style-type: none"> • As required | | Parents of children, 0 – 5 years in Clonmel, Cahir, and Cashel. | <i>Jill Sandvoss,</i> <i>Clonmel Community Mothers Programme</i> <i>Tel. (052)6128199</i> |
| Cashel | Family Support Drop-In Clinic: <ul style="list-style-type: none"> • One-to-One • Advice on Parenting • Listening & Referral service | <ul style="list-style-type: none"> • Ongoing basis • Monday & Wednesday, 9.30 – 12.00 a.m. • Drop-In and by appointment | Spafield Family Resource Centre, Cashel | Parents of children, 0 – 18 years From Cashel area & Cahir | <i>Deirdre O'Connor,</i> <i>Spafield Family Resource Centre</i> <i>Old Road, Cashel</i> <i>Co. Tipperary</i> <i>Tel. (062) 63622</i> |

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| Slieve Ardagh | One-to-One Parenting Support: Drop-in clinic: One-to-one Parenting Support and Advice | <ul style="list-style-type: none"> Monday 9.30 a.m. – 12.30 p.m. Weekly | Millennium Family Resource Centre, Glengoole | Parents from Slieve Ardagh / Killenaule/ Mullinahone area | <i>Julie O'Halloran, Millennium FRC</i> <i>Tel. (052) 9157992</i> |
| Tipperary town | Parenting Support: <ul style="list-style-type: none"> One-to-One Advice on parenting | <ul style="list-style-type: none"> Ongoing basis Mondays & Wednesdays by appointment | Knockanrawley Resource Centre, Tipperary | Parents of children, 0 – 18 years, from Tipperary town and environs | <i>Helen Buckley, Parent & Family Support Programme, Knockanrawley Resource Centre.</i> <i>Tel. (062) 52688</i> |
| | Positive Parenting: <ul style="list-style-type: none"> Building Stronger Relationships Managing Difficult Behaviours Available on a one-to-one basis | As required | Three Drives Family Resource Centre, Grenane Drive, Tipperary. | Parents of children and young people in Tipperary town | <i>Three Drives FRC, Tipperary town</i> <i>Tel. (062) 80831</i> |
| | Parenting through Art: Group programme | <ul style="list-style-type: none"> Mid-February 2016 | Three Drives FRC, Grenane Drive, Tipperary town | Parents of young children in Tipperary town & environs | <i>Three Drives FRC, Tipperary town</i> <i>Tel. (062) 80831</i> |
| | SHE Group: Lone Parent Group | <ul style="list-style-type: none"> Weekly session Thursday, 11 – 1 p.m. | Knockanrawley Resource Centre, Tipperary | Women who are Lone Parents in area of Tipperary town | <i>Knockanrawley Resource Centre.</i> <i>Tel. (062) 52688</i> |
| | Parenting Club | <ul style="list-style-type: none"> Weekly session Wednesday, 10.30 – 12.30 p.m. | Knockanrawley Resource Centre, Tipperary | Parents in area of Tipperary town | <i>Knockanrawley Resource Centre.</i> <i>Tel. (062) 52688</i> |
| | Cook It! Nutrition education programme based on the Food Pyramid for parents (endorsed by HSE Health Promotion) | <ul style="list-style-type: none"> 6 weeks 2 hour sessions weekly | Knockanrawley Resource Centre, Tipperary | Parents in area of Tipperary town | <i>Knockanrawley Resource Centre.</i> <i>Tel. (062) 52688</i> |

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| South Tipperary | Teen Parent Support Programme: <ul style="list-style-type: none"> - One-to-One : Positive Parenting programme - Outreach service | <ul style="list-style-type: none"> • As required | | Teen parents aged 19 years and under in South Tipperary | <i>St. Catherine Community Services, Carlow</i> <i>Tel. (059) 9138700</i> |
| <u>Parent & Toddler Groups / Mother & Baby Groups</u> | | | | | |
| <u>Area</u> | <u>Details of services</u> | <u>When</u> | <u>Venues</u> | <u>Target Group</u> | <u>Contact Details</u> |
| Cashel Cahir Clonmel Tipperary | Parent & Toddler Groups: Structured groups where parents engage in play and dance with their toddlers. Waiting lists apply in some cases In Knockanrawley Resource Centre, Tipperary, <u>combined</u> Baby, Parent & Toddler Group | <ul style="list-style-type: none"> - Weekly sessions - Ongoing | In Cashel, Cahir, Clonmel & Tipperary town. | Parents & Toddlers | <ul style="list-style-type: none"> - Cashel Spafield Family Resource Centre (062) 63622 - Cahir & Clonmel Clonmel Community Mothers programme (052) 6128199 - Tipperary <ul style="list-style-type: none"> • Knockanrawley Resource Centre (062) 52688 • Three Drives Family Resource Centre Tel. (062) 80831 |
| For full list of Parent & Toddler Groups in the South County, please contact <u>Tipperary County Childcare Committee</u> at: elainemcgowran@tccc.ie | | | | | |
| Cahir Cashel Clonmel | Mother & Baby Groups: to meet other parents of babies with Community Mothers on hand to provide support and information. | <ul style="list-style-type: none"> - Weekly sessions - Ongoing | In Cashel, Cahir, & Clonmel | Mothers & babies | <ul style="list-style-type: none"> - Cahir, Clonmel & Cashel Clonmel Community Mothers programme (052) 6128199 |

