

Parenting Supports in Co. Tipperary: April - June 2018

WELCOME TO THE TIPPERARY CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEE PARENTING SUPPORT CALENDAR, Q. 2, 2018. THE INFORMATION BELOW IS ORGANIZED UNDER 4 SECTIONS, AS FOLLOWS:



- Parenting Group Programmes
- Parenting Supports
- Parent & Toddler Groups / Mother & Baby Groups
- Parenting Talks/Workshops

Parenting (Group) Programmes

<i>Area</i>	<i>Details of programme</i>	<i>Date of Commencement Duration</i>	<i>Venue</i>	<i>Target Group</i>	<i>Contact Details</i>
Northern section of Co. Tipperary	TLC Kidz programme - 12 week Groupwork programmes - For children and their mothers who have experienced Domestic Violence.	- Currently accepting referrals for a programme commencing in September 2018	Venue to be confirmed	Children aged between 6-16 years and their mothers from the North of the county	<i>Áine Costello, Barnardos Centre, Thurles</i> <i>Tel. (0504) 20018 086-0471042</i>
Southern section of Co. Tipperary	Parents Plus 'Adolescent programme': Group programme: - Handling conflict - Problem-solving - Building Positive Relationships -	- To start: Q. 2, 2018 <u>depending on numbers</u> - 6 weeks	Venue in Clonmel to be confirmed	Parents of children, aged 11 – 16 years from around South of the county.	<i>Carol McDonnell Barnardos, Clonmel.</i> <i>Tel. (052) 6170665 086-04744785</i>

Southern section of Co. Tipperary	Parents Plus 'Parenting when Separated': <u>Group programme:</u> - Solving co-parenting problems in a positive way that focuses on the needs of children	- To start: Q. 2, 2018 <u>depending on numbers</u> - 6 weeks	Venue in Clonmel to be confirmed	Separated parents from around the South of the county	<i>Carol McDonnell Barnardos, Clonmel.</i> <i>Tel. (052) 6170665 086-04744785</i>
	TLC Kidz programme - 12 week Groupwork programs - For children and their mothers who have experienced Domestic Violence.	- Currently accepting referrals for a programme commencing in April 2018	Venue in Clonmel to be confirmed	Children aged between 5½ - 7½ years and their mothers from around the South of the county	
Roscrea	Triple P – Positive Parenting (Standard) Programme <u>Group programme:</u> - Parents learn more effective strategies for improving their children's competencies and discouraging unwanted child behaviour.	- To start in Q. 2, 2018, depending on no.s. - 8 weeks (1 st 4 sessions in group, next 3 sessions 1-to-1, concluding on 8 th week with group session)	North Tipperary LEADER Partnership premises, New Line, Roscrea	Parents of children in Roscrea	<i>Danielle Brazil, North Tipperary LEADER Partnership, Roscrea</i> <i>Tel. 087-7091195</i>
	Triple P Stepping Stones programme <u>Group programme:</u> - Based on Triple P's positive parenting strategies - Parents learn to manage behaviour and developmental issues common in children with additional needs. - Parents learn to encourage positive behaviour, cope with stress, develop a close relationship with their child and teach their child new skills.	- To start in Q. 2, 2018, depending on numbers - 8 weeks (1 st 4 sessions in group, next 3 sessions one-to-one, concluding on 8 th week with group session)	North Tipperary LEADER Partnership premises, New Line, Roscrea	Parents of children with additional needs in Roscrea	

Cashel	Parents Plus ‘Adolescent programme’: <u>Group programme:</u> <ul style="list-style-type: none"> - Handling conflict - Problem-solving - Building Positive Relationships 	<ul style="list-style-type: none"> - To start: Q. 2, 2018 <u>depending on numbers</u> - 2-hour weekly sessions - evenings - 6 weeks 	Spafield Family Resource Centre, Cashel	Parents of children, aged 11 – 16 years from Cashel	<i>Deirdre O'Connor, Spafield Family Resource Centre, Cashel</i> <i>Tel. (062) 63622</i>
	Parents Plus ‘Parenting when Separated’: <u>Group programme:</u> <ul style="list-style-type: none"> - Solving co-parenting problems in a positive way that focuses on the needs of children 	<ul style="list-style-type: none"> - To start: Q. 2, 2018 <u>depending on numbers</u> 	Spafield Family Resource Centre, Cashel	Separated parents, Cashel area.	
	Make the Connection <u>Group programme:</u> <ul style="list-style-type: none"> - Parent & Baby programme focusing on secure attachment 	<ul style="list-style-type: none"> • Q. 2, 2018, start date to be confirmed • Tuesday, 10 -11.30 a.m. • 7 weeks 	Spafield Family Resource Centre, Cashel	Parents and pre-walking babies & toddlers	<i>Diana Buckley Spafield Family Resource Centre 062 63622</i>
Carrick-on-Siúr	Common Sense Parenting (Boys Town Parenting programme): To help parents to: <ul style="list-style-type: none"> - Build Family Relationships - Deal with problem behaviour - Teach social skills - Promote self control 	To start in Q.1, 2018, <u>depending on numbers</u>	Foróige NYP office, 16 Kickham Street, Carrick-on-Siúr	Parents of children, aged 6 – 16 years	<i>Foróige Neighbourhood Youth Project, Carrick-on-Siúr</i> <i>Siobhán Clifford: Tel. 086-8331886</i> <i>Sarah Dunleavy: Tel.086-0479851</i>
	Non-Violent Resistance programme: One-to-one or group programme: <ul style="list-style-type: none"> - To help parents to deal with Child to Parent violence 	To start in Q.1, 2018, <u>depending on numbers</u>	Foróige NYP office, 16 Kickham Street, Carrick-on-Siúr	Parents of children, aged 10 – 17/18 years	

Parenting Support

<u>Area</u>	<u>Details of services</u>	<u>When</u>	<u>Venue</u>	<u>Target Group</u>	<u>Contact Details</u>
Northern section of Co. Tipperary <i>(includes Ballina Borrisokane Borrisoleigh Cloughjordan Kilcommon Moatfield Newport Nenagh Portroe Templederry Thurles)</i>	Community Mothers Programme (Nenagh /Thurles): <ul style="list-style-type: none"> - One-to-One support - Parent, Toddler and Baby Groups in 10 locations - Incredible Years Parent and Baby courses - Infant Baby massage - Breast-feeding support 	<ul style="list-style-type: none"> • As required 	Areas listed in column 1	Families living in the areas listed with children from birth to pre-school age.	<i>Brigid Murphy, Community Mothers Programme, North Tipperary Community Service, 52 Silver Street, Nenagh</i> <i>Tel. (067) 41922 087 2780029</i>
	Partnership with Families project: Advocacy service for parents of children in the care of Túsla <ul style="list-style-type: none"> - To support parents to engage with Túsla and other relevant services - To support parents to have continued involvement with their children in care 	<ul style="list-style-type: none"> • Ongoing 	NTCS, 52 Silver Street, Nenagh.	Parents of children in the care of Túsla in the North of the county.	<i>Eileen Healy, Advocacy Worker, North Tipperary Community Services</i> <i>Tel.(067) 31800</i>
	'Moms on the Move': Peer Support Group for Mothers: <ul style="list-style-type: none"> - Supporting the challenges of parenting with a focus on parent's Mental Health & Wellbeing <i>Wellness Recovery Action Plan (WRAP) programme to run in this group in April – June 2018</i>	<ul style="list-style-type: none"> • Ongoing • Thursday, 10.30 – 12.30 p.m. <i>(Childcare is provided free of charge by Áras Folláin)</i>	Áras Folláin, Peer Support Center, Tyone, Nenagh	Parents of children of all ages in the North of the county	<i>Margo O'Donnell Roche, Áras Folláin, Tyone, Nenagh</i> <i>Tel. (067) 41906 085 8607856</i>

Southern section of Co. Tipperary	Teen Parent Support Programme (Positive Parenting for Changing Families programme) <ul style="list-style-type: none"> - One-to-One - Outreach service 	<ul style="list-style-type: none"> • As required 	<ul style="list-style-type: none"> - In the home <u>or</u> at venue of choice 	Teen parents aged 19 years and under in the South of Co. Tipperary	<i>Bernie Loughman, St. Catherine's Community Services, Carlow</i> <i>Tel.085 1101511 (059) 9138700</i>
	Barnardos Student Mothers' Group: <u>Support for young expectant mothers and young mothers to remain in second-level education:</u> <ul style="list-style-type: none"> - One to one work - Childcare subsidy - Educational support - Financial support towards books and school materials - Group work programmes and social events 	<ul style="list-style-type: none"> • As required 	In the home or in school	Expectant student mothers or student mothers in second level education in the South of the county	<i>Annette Dowling, Barnardos, 130 Clonard Park, Ballybeg, Waterford</i> <i>Tel. 087 6472019</i> info@wsm.barnardos.ie
	Family Advocacy Service: <u>Support for Families of Children in the care of Túsla</u> The Family Advocate will: <ul style="list-style-type: none"> - Help parents prepare for meetings about their child in care - Assist parents to put their points of view across at meetings - Accompany parents to meetings about their child - Help parents find information about relevant services 	Ongoing	Three Drives FRC, Grenane Drive, Tipperary town	Parents of children in the care of Túsla in the South of the county.	<i>Imelda Farrell, Three Drives FRC, Tipperary town</i> <i>Tel. (062) 80831</i>

Nenagh and surrounding area	Parents Support Project: services for families in need of a range of supports: <ul style="list-style-type: none"> - Counselling support - Referral to other services 	<ul style="list-style-type: none"> • On-going • By appointment 	North Tipperary Community Services, 52 Silver Street, Nenagh	Parents from Nenagh and surrounding areas	<i>Fiona Naughnane North Tipperary Community Services.(NTCS)</i> <i>Tel (067) 41924 087 7921883</i>
Roscrea	Parenting Support (Triple P) <ul style="list-style-type: none"> • One-to-One • Advice on Parenting • Listening & Referral service 	<ul style="list-style-type: none"> • On-going • By appointment 	North Tipperary LEADER Partnership premises, New Line, Roscrea	Parents of children, 0 – 18 years from Roscrea area, self-referred or referred by other agencies.	<i>Danielle Brazil, North Tipperary LEADER Partnership, Roscrea</i> <i>Tel. 087-7091195</i>
	Cook It! Nutrition education programme based on the Food Pyramid for parents (endorsed by HSE Health Promotion)	<ul style="list-style-type: none"> - Start date: depending on numbers - 6 weeks - 2 hour sessions weekly 		Parents and children in Roscrea area	
	Mothers Support Groups for mothers of any age with or without their children.	<ul style="list-style-type: none"> - To start in Q. 2, 2018 		Mothers in Roscrea area	
Templemore	Parenting Support <ul style="list-style-type: none"> • Advice/information on parenting • Support on issues affecting parenting 	<ul style="list-style-type: none"> - Monday, Tuesday & Thurs., 9-5 p.m. - Wed., 9–12 a.m. - Drop-In & by Appointment 	Templemore Community Services Centre, Bank Street, Templemore	Parents of children aged 0-18 years in Templemore and environs	<i>Orlaith McDowell, Templemore Community Social Services</i> <i>Tel. (0504) 31244</i>
	Parenting Support <ul style="list-style-type: none"> • One-to-One • Advice on parenting 	<ul style="list-style-type: none"> • As required 	Youthwork Ireland Tipperary, Old Courthouse, Bank Street, Templemore	Parents of children, 0 – 17 years	<i>Sara Leahy, More Family Project</i> <i>Tel. (0504) 56641 087 2642203</i>

Templemore	Non-Violent Resistance programme: <u>One-to-one programme:</u> - To help parents to deal with Child to Parent violence	<ul style="list-style-type: none"> As required 	As above	Parents of children, aged 10 – 17/18 years	<i>Sara Leahy, More Family Project</i> <i>Tel. (0504) 56641 087 2642203</i>
Thurles area	Partnership with Parents - Support to parents and children - Tailored around specific needs - Includes structured parenting programme, parent-child work and work with children Available on a one-to-one basis for parents	<ul style="list-style-type: none"> As required 	Barnardos Centre, Thurles, and in Family Home	Parents of children, 0 – 18, in Thurles Primary Care catchment area	<i>Barnardos Centre, Thurles</i> <i>Tel. (0504) 20018</i>
	Partnership with Parents –Birth to 2 Years - Developing parents’ understanding of their child’s needs - Developing their understanding of their child’s development - Improving their relationship with their child - Understanding their approach to parenting - Understanding how they communicate and how this affects their relationship with their child - Looking at the supports they have around them and how these can help with their parenting	<ul style="list-style-type: none"> As required 		Parents of children aged 0 – 18 months	

Clonmel	Partnership with Parents (including Partnership with Parents – Birth to 2 years) (as above) Available on a one-to-one basis for parents	<ul style="list-style-type: none"> As required 	Barnardos office, Clonmel	Parents of children and teenagers 0 – 17 years	<i>Barnardos, Clonmel.</i> <i>Tel. (052) 6170665 (052) 6170750</i>
	One-to-One Parenting Support (Incredible Years Home Visiting Coach programme): <ul style="list-style-type: none"> Advice on parenting 	<ul style="list-style-type: none"> Tuesday 9.30 – 1.00 p.m. Drop-In or by Appointment 	Le Chéile, Respond Centre, Oakland Drive, Clonmel	Parents of children, 0 – 18 years From Clonmel town and environs	<i>Patricia Power, Le Chéile, Respond</i> <i>Tel. (052) 6129589 087 1954752</i>
	‘Cook It’ programme for parents & children: Nutrition education programme based on the Food Pyramid for parents (endorsed by HSE Health Promotion)	<ul style="list-style-type: none"> To start in Q. 2, 2018 6 weeks 	Le Chéile, Respond Centre, Oakland Drive, Clonmel	Parents and children in Clonmel town	
Carrick-on-Siúr	Non-Violent Resistance programme: <u>One-to-one programme:</u> - To help parents to deal with Child to Parent violence	<ul style="list-style-type: none"> As required 	Foróige NYP office, 16 Kickham Street, Carrick-on-Siúr	Parents of children, aged 10 – 17/18 years	<i>Foróige Neighbourhood Youth Project, Carrick-on-Siúr</i> <i>Siobhán Clifford: Tel. 086-8331886</i> <i>Sarah Dunleavy: Tel.086-0479851</i>
	Common Sense Parenting (Boys Town Parenting programme): <u>One-to-one</u> To help parents to: - Build Family Relationships - Deal with problem behaviour - Teach social skills - Promote self control	<ul style="list-style-type: none"> As required 	Foróige NYP office, 16 Kickham Street, Carrick-on-Siúr	Parents of children, aged 6 – 16 years	

Clonmel / Cahir/Cashel/ Carrick-on-Siúr/ Fethard	Clonmel Community Mothers Programme Community Mother Home Visits providing: <ul style="list-style-type: none"> - Support & Information re. Child Development & Parenting - 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, Carrick-on-Siúr, Cashel and Fethard.	<i>Jill Sandvoss, Clonmel Community Mothers Programme</i> <i>Tel. (052) 6128199</i>
Cashel	Parenting Support (Parents Plus Adolescent and Positive Parenting for Changing Families) <ul style="list-style-type: none"> • One-to-One • Advice on Parenting • Listening & Referral service 	<ul style="list-style-type: none"> • Wednesday • 9.30 – 1.00 p.m. • Drop-In or by appointment 	Spafield Family Resource Centre, Cashel	Parents of children, 2– 16 years from Cashel area	<i>Deirdre O'Connor, Spafield Family Resource Centre Old Road, Cashel Co. Tipperary</i> <i>Tel. (062) 63622</i>
Slieve Ardagh area	One-to-One Parenting Support <u>Drop-in clinic:</u> <ul style="list-style-type: none"> - One-to-one - Parenting Support and Advice - A Listening Ear - 	<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 / Glengoole, Killenaule, Ballingarry, & Mullinahone areas	<i>Julie O'Halloran, Millennium Family Resource Centre</i> <i>Tel. (052) 9157992</i>
	Parent Support Outreach Gortnahoe <u>Drop-in clinic: (as above)</u>	<ul style="list-style-type: none"> • Thursdays 10.30 – 12.30 • Fortnightly 	Gortnahoe Community Centre	Parents from Gortnahoe, Kilcooley, Grange, Ballysloe, Fennor	
	Parents Plus Adolescents Programme One-to-one parenting support including family sessions as required	By appointment or referral	Millennium Family Resource Centre, Glengoole	Parents of children, aged 11 - 16 years, from Slieve Ardagh / Glengoole/ Killenaule/ Mullinahone/ Ballingarry	

Slieve Ardagh area	Play Therapy service for children	<ul style="list-style-type: none"> - As required - Referrals from professionals and self-referral from parents 	Millennium Family Resource Centre, Glengoole	Children, aged 3 – 14 years	<i>Julie O'Halloran, Millennium Family Resource Centre</i> <i>Tel. (052) 9157992</i>
	Incredible Years Home Coaching Programme: One-to-one parenting programme with a focus on:	<ul style="list-style-type: none"> • 10 week programme • By referral from professionals 	Millennium Family Resource Centre, Glengoole <u>or</u> in the Home.	Parents of children, aged 3 – 6 years, from Slieve Ardagh / Glengoole/ Killenaule/ Mullinahone/ Ballingarry	
	Parent Child Attachment Play (PCAP)	By Referral – the programme is aimed at parents who have difficult relationships with their child / children.	Millennium Family Resource Centre Glengoole	Parents of Children aged 3-15+	
	<ul style="list-style-type: none"> - A play-based approach aimed at improving the attachment quality of the parent-child relationship. - Uses child-oriented play with parents/carers and their children aged 3 - 15+ years. - Brings positive relationship change directly into the family home by empowering parents and carers as change agents. - PCAP practitioners work with the parent(s) or carer(s) and not directly with the child(ren). 				

Slieve Ardagh area	Parent & Toddler Group	Tuesday mornings, 10.30 am to 12 noon Excluding school holidays	St. Mary's Primary School Killenaule	Parents/Carers/ Grandparents & babies/toddlers	<i>Julie O'Halloran Millennium Family Resource Centre Glengoole 052 9157992</i>
Tipperary town	Parenting Support (<i>Positive Parenting for Changing Families programme</i>) <ul style="list-style-type: none"> • One-to-One • Advice on parenting 	<ul style="list-style-type: none"> • As required 	Three Drives Family Resource Centre, Grenane Drive, Tipperary	Parents of children and young people in Tipperary town	<i>Three Drives Family Resource Centre, Tipperary town Tel. (062) 80831</i>
	Parenting Support (<i>Positive Parenting for Changing Families programme</i>) <ul style="list-style-type: none"> • As above 	<ul style="list-style-type: none"> • Ongoing basis • Mondays & Wednesdays by appointment 	Knockanrawley Resource Centre, Tipperary	Parents of children, 0 – 12 years, from Tipperary town and environs	<i>Helen Buckley, Parent & Family Support Programme, Knockanrawley Resource Centre. Tipperary town Tel. (062) 52688</i>
	Dad's Group	<ul style="list-style-type: none"> - Weekly - Monday, 10.30 – 12.30 p.m. 	Knockanrawley Resource Centre, Tipperary	Fathers	
	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	
	Parenting Club (Peer support & Mentoring Group)	<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	
	Cook It! Nutrition education programme based on the Food Pyramid for parents (endorsed by HSE Health Promotion)	<ul style="list-style-type: none"> - Start date: depending on no.s - 6 weeks - 2 hour sessions weekly 	Knockanrawley Resource Centre, Tipperary	Parents in area of Tipperary town	

Tipperary town	Art Therapy for children <ul style="list-style-type: none"> • One-to-one • Referrals from parents, schools, etc. • For children with issues around anxiety, bullying, anger management, etc. 	<ul style="list-style-type: none"> • As required 	Three Drives Family Resource Centre, Grenane Drive, Tipperary.	Children & young people, 4 – 18 years in Tipperary town	<i>Three Drives FRC, Tipperary town</i> <i>Tel. (062) 80831</i>
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Parent & Toddler Groups / Mother & Baby Groups

<u>Area</u>	<u>Details of services</u>	<u>When</u>	<u>Venues</u>	<u>Target Group</u>	<u>Contact Details</u>
Co. Tipperary	Parent & Toddler Groups: <ul style="list-style-type: none"> - Structured groups where parents engage in play and dance with their toddlers - Waiting lists apply in some cases 	<ul style="list-style-type: none"> - Weekly sessions - Ongoing 	In various locations around the county: see web-link below	Parents & Toddlers	<i>For full list of Parent & Toddler Groups in the County, follow web-link below</i>

For full list of Parent & Toddler Groups in the County, please go to [Tipperary County Childcare Committee](http://tipperarychildcarecommittee.ie/parent-toddler-groups/) web link at: <http://tipperarychildcarecommittee.ie/parent-toddler-groups/>

Littleton and surrounding areas	PEEPS Programme (Parent & Toddler Groups) <ul style="list-style-type: none"> - Structured programme where parents are supported to promote their child's Early Education needs. 	<ul style="list-style-type: none"> - Weekly sessions on Wednesday, 10.30 – 12.00 a.m. 	Littleton/Moycarkey/Borris Community and Sports Centre, Littleton.	Parents & Babies/Toddlers	<i>Barnardos Centre, Thurles</i> <i>Tel. (0504) 20018</i>
Northern section of Co. Tipperary	Parent, Toddler & Baby Groups <ul style="list-style-type: none"> - Group Activities with parents & children to enhance development of children through play, story-telling & rhyme time 	<ul style="list-style-type: none"> - Weekly sessions - Ongoing 	<u>10 locations:</u> In Ballina, Borrisokane, Nenagh, Portroe, Thurles, Moatfield, Borrisoleigh, Silvermines, Cloughjordan, & Newport.	Parents & Babies/Toddlers	<i>Brigid Murphy, Community Mothers Programme, North Tipperary Community Services</i> <i>Tel. (067)41922 087 2780029</i>

Cahir Cashel Clonmel	Mother & Baby Groups: To meet other parents of babies with Community Mothers on hand to provide support and information. Breast-feeding practitioner available.	- Weekly sessions - Ongoing	In Cashel, Cahir, & Clonmel	Mothers & Babies	<i>Clonmel Community Mothers Programme</i> <i>Tel. (052) 6128199</i>
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Parenting Talks

<u>Area</u>	<u>Subject of presentation & Presenters</u>	<u>When</u>	<u>Venue</u>	<u>Contact</u>
Nenagh	Free 'Parenting Alone' workshop: 2 - 3 guest speakers - Advice and support around Budgeting, Money Management and Stress Management <i>Refreshments provided</i>	- Friday, 4 th May 2018, 10 – 1 p.m.	North Tipperary Community Services, 52 Silver Street, Nenagh	<i>Joanne McCarthy, Community Development Worker, North Tipperary LEADER Partnership, Nenagh</i> <i>Tel. 087 3697922 to book a place</i>

