

Parenting Supports in Co. Tipperary: July - August 2019

WELCOME TO THE TIPPERARY CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEE PARENTING SUPPORT CALENDAR, July-August, 2019. THE INFORMATION BELOW IS ORGANIZED UNDER 3 SECTIONS, AS FOLLOWS:



- Parenting Supports
- Parent & Toddler Groups / Mother & Baby Groups
- New Group programmes planned for later in 2019

<u>Parenting Supports</u>					
<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 Silvermines Thurles)</i>	Community Mothers Programme (Nenagh /Thurles): - Parenting advice and information (<i>Incredible Years Parent & Baby programme</i>) - Other services are not operative over this period	<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, Silver Arch Family Resource Centre Nenagh</i> Tel.(067) 31800

<p>Northern section of Co. Tipperary</p>	<p>Partnership with Families project: Advocacy service for parents of children in the care of Túsla</p> <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 	<p>North Tipperary Community Services, 52 Silver Street, Nenagh</p>	<p>Parents of children in the care of Túsla in the North of the county.</p>	<p><i>Eileen Healy, Advocacy Worker, Silver Arch Family Resource Centre, Nenagh</i></p> <p><i>Tel.(067) 31800</i></p>
<p>Southern section of Co. Tipperary</p>	<p>Barnardos Student Mothers' Group: Support for young expectant mothers and young mothers to remain in second-level education:</p> <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 	<p>In the home or in school</p>	<p>Expectant student mothers or student mothers in second level education in the South of the county</p>	<p><i>Annette Dowling, Barnardos, 130 Clonard Park, Ballybeg, Waterford</i></p> <p><i>Tel. 087 6472019</i> info@wsm.barnardos.ie</p>
	<p>Family Advocacy Service: Support for Families of Children in the care of Túsla</p> <p>The Family Advocate will:</p> <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 	<ul style="list-style-type: none"> • Ongoing 	<p>Three Drives FRC, Grenane Drive, Tipperary town</p>	<p>Parents of children in the care of Túsla in the South of the county.</p>	<p><i>Imelda Farrell, Three Drives FRC, Tipperary town</i></p> <p><i>Tel. (062) 80831</i></p>

Southern section of Co. Tipperary	Teen Parent Support Programme (<i>Positive Parenting for Changing Families programme</i>) - One-to-One - Outreach service	<ul style="list-style-type: none"> As required 	- 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>
Nenagh and surrounding area	North Tipperary Parents Support Project: services for families in need of a range of supports: - Counselling support - Referral to other services	<ul style="list-style-type: none"> On-going 	Silver Arch Family Resource Centre, 52 Silver Street, Nenagh	Parents from Nenagh, Borrisokane, Newport, Toomevara and surrounding areas	<i>Fiona Naughnane, Silver Arch Family Resource Centre Nenagh.</i> <i>Tel (067) 41924 087 7921883</i>
Roscrea	Youth Family Support service: <ul style="list-style-type: none"> Advice/information on parenting Support on issues affecting parenting 	<ul style="list-style-type: none"> As required 	- In the home <u>or</u> at venue of choice	Parents from Roscrea area	<i>Linda Dermody, North Tipperary Development Company</i> <i>Tel. (0505) 24462</i>
Templemore	Parenting Support - One-to-one support - Marte Meo parenting support - Advice and information, and practical assistance to parents	- 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 083-1606832</i> socialworktss@gmail.com
	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>Stephanie O'Callaghan, More Family Project</i> <i>Tel. (0504) 56641 087 2642203</i> stephanie.ocallaghan@youthworktipperary.ie

Templemore	Life Outside the School Box: <ul style="list-style-type: none"> - A parenting peer support group for parents of children of any age that are experiencing anxiety around school issues. 	<ul style="list-style-type: none"> - One meeting in August 2019 	As above	Parents of children of any age that are experiencing anxiety around school issues	<i>Stephanie O'Callaghan, More Family Project</i> <i>Tel. (0504) 56641 087 2642203</i> stephanie.ocallaghan@youthworktipperary.ie
Thurles area	Partnership with Parents <ul style="list-style-type: none"> - 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, 2 – 18, in Thurles Primary Care catchment area	<i>Barnardos Centre, Thurles</i> <i>Tel. (0504) 20018</i>
	Partnership with Parents –Birth to 2 Years - <u>One-to-one</u> programme: <ul style="list-style-type: none"> - 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 	<ul style="list-style-type: none"> • As required 	Barnardos Centre, Thurles, and in Family Home	Parents of children aged 0 – 18 months in Thurles Primary Care catchment area	
	Support to parents tailored around specific needs of children and family includes <ul style="list-style-type: none"> • Practical support • Crisis Management • Parent /child sessions • Manualised Parenting programme, Partnership with Parents 	<ul style="list-style-type: none"> • As required Mon - Friday 	Barnardos Centre Thurles and in Family home	Parents of Children 0-18 in Thurles Primary Care Catchment area	

Clonmel	Partnership with Parents (see 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 Family Support Project, Clonmel</i> <i>Tel. (052) 6170665</i>
	Partnership with Parents –Birth to 2 Years (see above) Available on a one-to-one basis for parents	<ul style="list-style-type: none"> As required 	Barnardos office, Clonmel	Parents of children aged 0 – 18 months	
	Barnardos Family Support Project is intended to be a helping hand for children, young people & their families. This community-based project in Clonmel has been set up to offer support & advice to families experiencing a difficult period.	Ongoing and for as long as needed.	Barnardos Clonmel Project or family home.	Any parents/carers living in Clonmel and surrounding area.	
Carrick-on-Siúir	Common Sense Parenting (Boys Town Parenting programme): <u>One-to-one</u> To help parents to: <ul style="list-style-type: none"> - Build Family Relationships - Deal with Problem Behaviour - Teach Social Skills - Promote Self Control 	<ul style="list-style-type: none"> As required No service in August 2019	Foróige NYP office, 16 Kickham Street, Carrick-on-Siúir	Parents of children, aged 6 – 16 years	<i>Foróige Neighbourhood Youth Project, Carrick-on-Siúir</i> <i>Siobhán Clifford:</i> <i>Tel. 086-8331886</i>
	Non-Violent Resistance programme: <u>One-to-one programme:</u> <ul style="list-style-type: none"> - To help parents to deal with Child to Parent violence 	<ul style="list-style-type: none"> As required No service in August 2019		Parents of children, aged 10 – 17/18 years	

Clonmel / Cahir/Cashel/ Carrick-on-Siúir/ Fethard	Clonmel Community Mothers Programme Community Mother Home Visits providing support & information re. <ul style="list-style-type: none"> - Child Development & Parenting - Ante-natal support - Breast-feeding support - Infant Mental Health - Mother & Baby Groups - Parent & Toddler Groups 	<ul style="list-style-type: none"> - As required - Mother & Baby Groups/Parent & Toddler Groups do not run during this period. 	Room 3, Clonmel Community Resource Centre, Kickham St, Clonmel	Parents of children, 0 – 5 years in Clonmel, Cahir, Carrick-on-Siúir, 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"> • Monday - Friday • 9.30 – 1.00 p.m. • Drop-In or by Appointment <p>Closed for 2 weeks in August 2019</p>	Spafield Family Resource Centre, Cashel	Parents of children, 2– 16 years from Cashel area	<i>Deirdre O'Connor, Diane Buckley, 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>
Parents Plus Adolescents Programme One-to-one parenting support including family sessions as required	By appointment or referral	Parents of children, aged 11 - 16 years, from Slieve Ardagh and other areas as above.			

Slieve Ardagh area	Play Therapy service for children	<ul style="list-style-type: none"> - Ongoing / As required - Referrals from professionals and self-referral from parents - <i>Sliding scale charge applies</i> 	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"> - Strengthening children's Social Skills, Emotional Regulation and School Readiness Skills. - Using Praise and Incentives to Encourage Co-operative Behaviour - Positive Discipline – Rules Routines & Effective Limit Setting, Handling Misbehaviour. 	<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	
	Baby Bonding <ul style="list-style-type: none"> • Baby bonding classes are a special weekly session for parents to enjoy with their babies. • These are relaxed sessions, well-grounded in Attachment theory and research, helping to deepen the bond between parent and baby. Parents and babies can have fun and relax using easy activities, baby strokes, simple rhymes and lullabies	Small group – depending on demand.	Millennium Family Resource Centre Glengoole	Parents of Children aged 3-15+	

Slieve Ardagh area	Parent Child Attachment Play (PCAP) <ul style="list-style-type: none"> - A gentle 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). 	By Referral – this programme is aimed at parents who experience attachment issues with their child / children.	Millennium Family Resource Centre Glengoole	Parents of young children at each of following stages: <ul style="list-style-type: none"> - Bumps (28 + weeks pregnancy) to Crawling - Crawling to Toddling - Toddlers 	<i>Julie O'Halloran, Millennium Family Resource Centre</i> <i>Tel. (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 • <u>Closed for last 2 weeks of August 2019</u> 	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</i> <i>Tel. (062) 80831</i>
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, withdrawing behavior, etc. 	<ul style="list-style-type: none"> • As required • <u>Closed for August 2019</u> <p><i>Sliding scale charges apply</i></p>	Children & young people, 4 – 18 years in Tipperary town			
Play Therapy for children <ul style="list-style-type: none"> • As above 					

Tipperary town	Parenting Support (<i>Positive Parenting for Changing Families programme</i>) <ul style="list-style-type: none"> • One-to-one • Parent couple counselling 	<ul style="list-style-type: none"> • In July 2019 • 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. Tel. (062) 52688</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 	Please note that these are often closed during this period.	In various locations around the county: see web-link below	Parents & Toddlers	For full list of Parent & Toddler Groups in the County, follow web-link below

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

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 	Not running during this period	10 locations: In Ballina, Borriskane, Nenagh, Portroe, Thurles, Moatfield, Borrisoleigh, Silvermines, Cloughjordan, & Newport.	Parents & Babies/ Toddlers	<i>Brigid Murphy, Community Mothers Programme, North Tipperary Community Services Tel. (067)41922 087 2780029</i>
Templemore	Baby and Toddler Group	Group does not run for July – August 2019	<u>Venue:</u> Tiny Tots Community Preschool, Church Avenue	Parents / carers and their babies / toddlers	<i>Orlaith McDowell Templemore Community Social Services Tel. (0504) 31244 083-1606832</i>

Littleton	Parent and Toddler group	Wednesday mornings	Moycarkey Community and Sports Centre Littleton		<i>Barnardos Centre</i> <i>0504 20018</i>
Slieveardagh Area - Killenaule	Parent & Toddler Group	Group does not run for July – August 2019	St. Mary's Primary School Killenaule	Parents/Carers /Grandparents & babies/toddlers	<i>Julie O'Halloran</i> <i>Millennium Family Resource Centre Glengoole</i> <i>052 9157992</i>
Tipperary	Parent, Toddler & Baby Group	Group does not run for July – August 2019	Knockanrawley Resource Centre, Tipperary	Parents/ carers /guardians, babies and toddlers from Tipperary town and environs.	<i>Helen Buckley,</i> <i>Parent & Family Support Programme, Knockanrawley Resource Centre.</i> <i>Tel. (062) 52688</i>
Carrick-on-Siúir	Parent & Toddler Group	Tuesday mornings, 10 – 11.30 a.m. Group does not run for July – August 2019	Nano Nagle Centre, Carrick-on-Siúir	Parents/Carers / Grandparents & babies/toddlers	<i>Deirdre O'Dwyer,</i> <i>South Tipperary Development Company</i> <i>Tel. 086-1703473</i> <i>Sr. Bridget O'Keeffe,</i> <i>Nano Nagle Centre</i> <i>Tel. (051) 642418</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 Groups do not run for July – August 2019	In Cashel, Cahir, & Clonmel	Mothers & Babies	<i>Clonmel Community Mothers Programme</i> <i>Tel. (052) 6128199</i>

Group programmes planned for later in the year

<u>Area</u>	<u>Details of programme</u>	<u>Date of Commencement</u> <u>Duration</u>	<u>Venue</u>	<u>Target Group</u>	<u>Contact Details</u>
Northern section of Co. Tipperary	<p><u>Strengthening Families Programme:</u> <u>Group programme:</u></p> <ul style="list-style-type: none"> - It aims to give parents and their children the opportunity to learn new, healthy communication skills that create positive relationships within families. These new skills also assist and reduce the risk of young people getting involved in adverse behaviours. - 3 strands of training: parent skills, teen skills, and Family Life Skills. 	<ul style="list-style-type: none"> - To start on <u>17th September 2019</u> - Tuesday evening, sitting for dinner at 6pm. - 14 weekly sessions - Open for referrals 	<p><u>Venue:</u> St. Sheelan's College, Templemore</p> <p>Transport will be provided if needed</p>	<p>Teenagers, aged 12 – 16 years with parent or responsible adult, residing in <u>Northern part of the county.</u></p> <p>Open to teenagers either with or without Substance Misuse issue</p>	<p>Joe Slattery, Community Substance Misuse Team</p> <p>Tel. (061) 318904 086-4163509</p> <p>E-mail: jslattery@csmt.ie</p>
Tipperary	<p><u>Positive Parenting:</u> <u>Group programme:</u></p> <ul style="list-style-type: none"> - Strengthening family relationships - Managing difficult behaviour 	<ul style="list-style-type: none"> - Monday, 10.30 – 12.30 p.m. - September 23rd – October 28th 2019 - 6 weeks - Open for referrals 	Knockanrawley Resource Centre, Tipperary town	Parents from Tipperary town and environs	<p>Helen Buckley, Parent & Family Support Programme, Knockanrawley Resource Centre.</p> <p>Tel. (062) 52688</p>
Clonmel	<p><u>Parents Plus Adolescent Programme (Parents Plus):</u> <u>Group Programme</u></p> <ul style="list-style-type: none"> - Connecting with your teenager - Communicating positively and effectively - Building your teenager's self-esteem and confidence - Negotiating rules and boundaries - Teaching teenagers responsibility - Solving problems together 	<ul style="list-style-type: none"> - To run in <u>Autumn 2019</u>, dependent on numbers - Open for referrals 	Venue in Clonmel	Parents/Carers of teenagers.	<p>Bernadette May & Cliona McCarthy Barnardos Family Support Project, 140 Elm Park, Clonmel</p> <p>Tel. (052) 6170665</p> <p>E-mail: info@clonmel.barnardos.ie</p>

A word cloud centered on the word "parenting". The word "parenting" is the largest and most prominent, written in a dark brown, serif font. Surrounding it are several other words in various sizes and orientations, including "love" (green, large), "advice" (brown, large), "laughter" (green, medium), "decisions" (brown, medium), "fun" (green, small), "responsibility" (brown, vertical, small), "pain" (brown, vertical, small), "patience" (brown, small), "joy" (brown, small), "struggle" (brown, small), "choices" (brown, vertical, small), and "exhaustion" (brown, small).