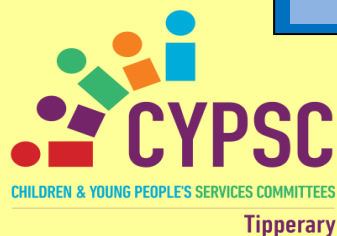
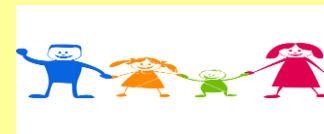


Parenting Supports in Co. Tipperary: September – December 2020



WELCOME TO THE TIPPERARY CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEE PARENTING SUPPORT CALENDAR, SEPTEMBER - DECEMBER 2020. 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	<p>TLC Kidz Programme Groupwork programme for children and mothers, meeting in separate groups, who have experienced Domestic Violence.</p> <p><i>Open for referrals now</i></p>	Ongoing	Venue in North Tipperary	Children aged between 6-16 years <u>and</u> their mothers from the North of the county.	<p>Margaret Carroll Blake, Barnardos Thurles Tel. (0504) 20018</p> <p>E-mail: info@thurles.barnardos.ie</p>
Northern section of Co. Tipperary	<p>'Parenting when Separated' (Parents Plus) <u>Group programme:</u></p> <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 commence on Wednesday, 23rd September 2020 - 6 weeks in duration 	<p>Tyone Centre, Nenagh.</p> <p><i>Face-to-face with Covid 19 protocols in place</i></p>	Separated Parents of children & young people, 0 – 18 years from North Tipperary area	<p>Fiona Naughnane, Silver Arch Family Resource Centre, Nenagh</p> <p>Tel (067) 31800 087 7921883</p>

Northern section of Co. Tipperary	Parents Plus Adolescents Programme (<i>Parents Plus</i>) <u>Group programme:</u> <ul style="list-style-type: none"> - Getting to know and connecting with your teenager - Communicating positively and effectively - Building your teenager's self-esteem and confidence - Negotiating rules and boundaries - Teaching teenagers responsibility - Positive discipline for teenagers - Managing conflict - Solving problems together 	<ul style="list-style-type: none"> - To commence on Monday, 28th September 2020 - 6 weeks in duration 	Tyone Centre, Nenagh. <i>Face-to-face with Covid 19 protocols in place</i>	Parents/Carers of teenagers.	<i>Fiona Naughnane, Silver Arch Family Resource Centre, Nenagh</i> <i>Tel (067) 31800 087 7921883</i>
Cashel	Parents Plus Adolescents Programme (<i>Parents Plus</i>) <u>Group programme:</u> <ul style="list-style-type: none"> - <i>See above</i> 	<ul style="list-style-type: none"> - To commence on Friday, 16th October 2020 - 8 weeks programme 	Spafield Family Resource Centre, Cashel <i>Face-to-face with Covid 19 protocols in place</i>	Parents/Carers of teenagers.	<i>Fiona Hayes, Spafield Family Resource Centre, Old Road, Cashel Co. Tipperary Tel. (062) 63622</i>

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	Traveller Family Support project, North Tipperary Development Company Support is provided to parents and families of the Travelling community in their own homes and neighbourhoods by phone and Home Visiting.	Monday – Friday, 9.00 a.m. – 5.00 p.m.	Visits to the home and contact by phone	Traveller families in the North of the county	<i>Traveller Programme Coordinator, North Tipperary Development Company, Main Street, Roscrea. Tel. (0505) 24166 087 9310946</i>

<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 	<p><u>Availability by phone:</u></p> <p>Monday to Friday, 10.00 a.m. – 4.00 p.m.</p>	<p><u>Phone-based contact until further notice</u></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>Northern section of Co. Tipperary (<i>Nenagh Thurles Borrisoleigh Borrisokane Ballina Newport</i>)</p>	<p>Community Mothers Programme (Nenagh/Thurles):</p> <p>Ongoing parenting support and information provided by experienced facilitators in the following programmes:</p> <ul style="list-style-type: none"> - Infant Baby Massage (enhances Attachment and Bonding) - Circle of Security parenting <ul style="list-style-type: none"> o Focusses on how parent/child relationships can be strengthened o A unique approach, teaching parents new ways to understand children’s needs and behaviours. o Effective ways to respond to these needs and behaviours - Healthy Weaning workshops and information 	<p><u>Availability by phone and video call:</u></p> <p>Monday – Friday, 9.00 a.m. - 5.00 p.m.</p>	<p>-</p>	<p>Families living in the areas listed with children from birth to pre-school age.</p>	<p><i>Brigid Murphy, Community Mothers Programme,</i></p> <p><i>Silver Arch Family Resource Centre, Nenagh</i></p> <p><i>Tel. 067 31800</i></p> <p><i>Email: info@silverarchfrc.ie</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 Tel.085 1101511 (059) 9138700</i>
Nenagh and surrounding area	North Tipperary Parents Support Project: Providing support for parents with everyday life events including: - Parenting stress - Parental styles - Parenting through Separation - Peer group pressure - Childhood Stress and Anxiety - Social Media concerns Support is provided in one-to-one sessions, group parenting courses, themed parenting talks, workshops and seminars.	Monday – Friday, 9.00 a.m. – 5.00 p.m.	Silver Arch Family Resource Centre, 52 Silver Street, Nenagh <u>Face-to-face with appropriate Covid-19 protocols in place or by phone, at the service-user's discretion</u>	Parents from Nenagh, Borrisokane, Newport, Toomevara and surrounding areas	<i>Fiona Naughnane, Silver Arch Family Resource Centre Nenagh. Tel (067) 31800 087 7921883</i>
Roscrea	Rocrea Youth Service (RYS) Family Support service: <ul style="list-style-type: none"> Advice/information on parenting Support on issues affecting parenting Sign-posting parents to other RYS services as required, including youth counselling, LGBT youth support, the youth project and RAY Garda Youth Diversion Project. 	As required	Roscrea Youth Service, Rosemary Street, Roscrea, E53 C859	Parents from Roscrea area	<i>North Tipperary Development Company - Roscrea Youth Service Tel. (0505) 24462</i>

Templemore	Parenting Support <ul style="list-style-type: none"> • Family Support • Advice and information on wider issues affecting parenting • Practical support 	<ul style="list-style-type: none"> - Monday, Tuesday & Thurs., 9 a.m. – 5 p.m. - Wednesday, 9 - 12 - Drop-In & by Appointment 	<i>Mainly phone support currently. Face-to-face in certain circumstances / if required.</i>	Parents of children aged 0-17 years in Templemore and environs	<i>Templemore Community Social Services</i> <i>Tel. (0504) 31244</i>
	Parenting Support <ul style="list-style-type: none"> • Advice and information on parenting • Support on issues affecting parenting 	<ul style="list-style-type: none"> - Tuesday – Friday, 9.30 a.m. – 5.00 p.m. 	<i>Phone-based and face-to-face contact as required, with Covid 19 protocols in place</i>	Families and Parents of children, aged 0 – 18 years, from Templemore and environs	<i>Sara Leahy, More Family Support Project, Templemore</i> <i>Tel. (0504) 56641 087-2642203</i>
Thurles area	Parent and Family Support: <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 <p>Available on a one-to-one basis for parents</p>	<ul style="list-style-type: none"> - During working hours 	<i>Some scope for face-to-face contact during this period, with Covid 19 protocols in place.</i>	Parents of children, 0 – 17 years in Thurles Primary Care catchment area	<i>Barnardos Centre, Thurles</i> <i>Tel. (0504) 20018</i>
	Partnership with Parents <u>One-to-one programme:</u> <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"> - During working hours 		Parents of children, 0 – 17 years in Thurles Primary Care catchment area	

Clonmel / Cahir/Cashel/ Carrick-on-Siúir/ Fethard and environs	Clonmel Community Mothers Programme Providing support and information through Community Mother Home Visiting, phone calls, Zoom and WhatsApp: <ul style="list-style-type: none"> - Child Development - Parenting support - Infant Mental Health/Attachment - Ante-natal support - Breast-feeding support - Baby massage - Therapeutic Play Skills 	<ul style="list-style-type: none"> • During working hours 	<i>In the home, on a case-by-case basis, with Covid 19 protocols in place</i> <i>Also by phone call, Zoom and WhatsApp</i>	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. 086-8359912</i> <i>Web-site:</i> https://clonmelcommunitymother.ie/
Clonmel	Barnardos Family Support Project is a community based project in Clonmel offering support and advice to families experiencing a difficult period.	During working hours	<i>Centre-based visits and home visits can be arranged.</i>	Parents/Carers living in Clonmel and its environs.	<i>Barnardos Family Support Project, Clonmel</i> <i>Tel: (052) 6170665</i>
	Partnership with Parents To support parents to build their parenting skills, and to strengthen relationships.	During working hours	<i>Also by phone or social media (WhatsApp, etc.)</i>	Parents of children and teenagers, 0-17 years	
Carrick-on-Siúir	Common Sense Parenting (Boys Town Parenting programme): One-to-one 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 	<i>Face to face with appropriate Covid-19 protocols in place or remotely, at parents discretion</i>	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>

Carrick-on-Siúir	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 	<i>Face to face with appropriate Covid-19 protocols in place or remotely, at parents discretion</i>	Parents of children, aged 10 – 17/18 years	<i>Foróige Neighbourhood Youth Project, Carrick-on-Siúir</i> <i>Siobhán Clifford:</i> <i>Tel. 086-8331886</i>
Carrick-on-Siúir	Barnardos Student Mothers' Group: <u>Support for young expectant mothers and young mothers to remain in second-level education:</u> - Childcare subsidy - Educational support - Financial support towards books and school materials	- During working hours	<i>House visits: face-to-face contacts with Covid 19 Protocols in place</i>	Expectant student mothers or student mothers in second level education in Carrick area.	<i>Annette Dowling, Barnardos, 130 Clonard Park, Ballybeg, Waterford</i> <i>Tel. 087 6472019</i> info@wsm.barnardos.ie
Cashel	Parenting Support (<i>Parents Plus Adolescent and Positive Parenting for Changing Families</i>) <ul style="list-style-type: none"> One-to-One Advice on Parenting Listening & Referral service 	<ul style="list-style-type: none"> Monday - Friday Drop-In or by appointment 	Spafield Family Resource Centre, Cashel <i>Face-to-face with Covid 19 Protocols in place</i>	Parents of children, 2– 16 years from Cashel area	<i>Fiona Hayes, Diana Buckley, Spafield Family Resource Centre, Old Road, Cashel Co. Tipperary</i> <i>Tel. (062) 63622</i>
Tipperary town	Parenting Support (<i>Positive Parenting for Changing Families programme</i>) <ul style="list-style-type: none"> Advice on parenting Support on parenting and family issues 	<u>Availability by phone:</u> - Monday – Friday, 9 a.m. – 5 p.m.	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>

Tipperary town	Art Therapy for children <ul style="list-style-type: none"> • Referrals from parents, schools, etc. • For children with issues around anxiety, bullying, anger management, withdrawing behavior, etc. 	<u>Availability by phone:</u> - During working hours	Three Drives Family Resource Centre, Grenane Drive, Tipperary <i>Covid 19 Protocols in place</i>	Children & young people, 4 – 18 years in Tipperary town	<i>Three Drives Family Resource Centre, Tipperary town</i> <i>Tel. (062) 80831</i>
	Play Therapy for children <ul style="list-style-type: none"> • As above 	<u>Availability by phone:</u> - During working hours <i>Sliding scale charges apply</i>	Three Drives Family Resource Centre, Grenane Drive, Tipperary <i>Covid 19 Protocols in place</i>	Children & young people, 4 – 18 years in Tipperary town	
Tipperary town	Parenting Support (<i>Positive Parenting for Changing Families programme</i>) <ul style="list-style-type: none"> • One-to-One & Couples • Support on parenting and family issues • Listening and referral service 	<ul style="list-style-type: none"> • Mondays & Wednesdays, 9 – 5 p.m., by appointment 	Knockanrawley Resource Centre, Tipperary <i>Face-to-face or by phone / Zoom, at person's discretion</i>	Parents of children, 0 – 17 years, from Tipperary town and environs	<i>Helen Buckley, Parent & Family Support Programme, Knockanrawley Resource Centre.</i> <i>Tel. (062) 52688</i> helenbuckleykrc@gmail.com knockcdp@gmail.com

Tipperary town	Parenting when Separated (<i>Parents Plus</i>) <u>Group programme:</u> - solving co-parenting problems and coping with the emotional impact of separation for parents and children.	To commence in this period 6 weeks programme	Knockanrawley Resource Centre, Tipperary	Separated Parents of children & young people, 0 – 18 years from North Tipperary area	<i>Helen Buckley, Parent & Family Support Programme, Knockanrawley Resource Centre.</i> <i>Tel. (062) 52688</i> helenbuckleykrc@gmail.com knockcdp@gmail.com
	Parent Club (Peer support & Mentoring Group)	- Weekly session - Wednesday, 10.30 – 12.30 p.m.	<i>Meeting By Zoom</i>	Parents in area of Tipperary town	
Slieve Ardagh <i>(including Glengoole, Killenaule, Ballingarry, & Mullinahone)</i>	One-to-One Parenting Support <u>Drop-in clinic:</u> - One-to-one - Parenting Support and Advice - A Listening Ear	<ul style="list-style-type: none"> By appointment 	Millennium Family Resource Centre, Glengoole	Parents from Slieve Ardagh area	<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	<ul style="list-style-type: none"> By appointment 	<i>Covid 19 Protocols in place</i>	Parents of children, aged 11 - 16 years, from Slieve Ardagh area	
	Incredible Years Home Coaching Programme: One-to-one parenting programme with a focus on: - 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. <i>Covid 19 Protocols in place</i>	Parents of children, aged 3 – 12 years from Slieve Ardagh area	

Slieve Ardagh <i>(including Glengoole, Killenaule, Ballingarry, & Mullinahone)</i>	Play Therapy service for children <ul style="list-style-type: none"> • Referrals from professionals and self-referral from parents • <i>Sliding scale charge applies</i> 	<ul style="list-style-type: none"> • Ongoing / As required 	Millennium Family Resource Centre, Glengoole <i>Covid 19 Protocols in place</i>	Children, aged 4 – 14 years	<i>Julie O'Halloran,</i> <i>Millennium Family Resource Centre</i> <i>Tel. (052) 9157992</i>
	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 - 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.		Parents of Children aged 3-15+	
	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 	<ul style="list-style-type: none"> • By referral 		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 	

Parent & Toddler Groups / Mother & Baby Groups

Newport	Walk and Talk Buggy Brigade A Baby and Toddler Walk And Talk: a great way for Mums, Dads, Grandparents, and Carers to meet up and also get some fresh air and exercise.	Thursday Mornings 10.00am – 11.30am	<u>To meet at:</u> Newport Community Centre	Parents, Grand-parents and other carers of Babies & Toddlers. <i>Social Distancing will be adhered to at all times</i>	<i>Brigid Murphy, Community Mothers Programme, Silver Arch Family Resource Centre, Nenagh</i> <i>Tel. 067 31800</i> <i>Email: info@silverarchfrc.ie</i>
Ballina		Friday Mornings 10.00am – 11.30	<u>To meet at:</u> The Bridge, Ballina		
Borrisokane		Wednesday Mornings 10.00am – 11.30am	<u>To meet at:</u> The Library, Borrisokane		

Parenting Talks/Workshops

<u>Area</u>	<u>Subject of presentation & Presenters</u>	<u>When</u>	<u>Venue</u>	<u>Contact</u>
Co. Tipperary	<i>'Building Relationships and Resilience: A Practical Toolkit for Parenting Teens'</i> (Webinar on Zoom) Dr. Eddie Murphy, Clinical Psychologist and Mental Health Advocate	- Tuesday, 29 th September 2020, 7.00 – 8.00 p.m.	By Webinar	<i>Silver Arch Family Resource Centre</i> <i>Tel. (067) 31800</i> info@silverarchfrc.ie <u>Booking essential</u>
	<i>'Living with Uncertainty'</i> - relating to the conditions of the Covid-19 pandemic and the anxieties generated. (Webinar on Zoom) Dr. Eddie Murphy, Clinical Psychologist and Mental Health Advocate	- Wednesday, 21 st October 2020 7.00 – 8.00 p.m.	By Webinar	

<p>Co. Tipperary</p>	<p>'Art & Mindfulness workshop' - Fun ways for parents to engage with their children to reduce stress and anxiety (Webinar on Zoom)</p> <p>Aisling Brennan, Art Therapist</p>	<p>Two viewings of same workshop:</p> <ul style="list-style-type: none"> - Tuesday, 10th November, 10.30 – 11.30 a.m. - Thursday, 12th November, 7.00 – 8.00 p.m. 	<p>By Webinar</p>	<p>Silver Arch Family Resource Centre</p> <p>Tel. (067) 31800</p> <p>info@silverarchfrc.ie</p> <p><u>Booking essential</u></p>
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