

Parenting Supports in Co. Tipperary: September - December 2021



WELCOME TO THE TIPPERARY CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEE PARENTING SUPPORT CALENDAR, SEPTEMBER - DECEMBER 2021. THE INFORMATION BELOW IS ORGANIZED UNDER 6 SECTIONS, AS FOLLOWS:

- Parenting Group Programmes
- Parenting Supports
- Parent, Baby & Toddler Groups
- Parenting Talks / Workshops
- On-line Resources
- Parenting Group programmes planned for Q. 1, 2022

Please note that, while we are in a period of transition towards removal of all Covid-19 related restrictions, any move to face-to-face contact will need to be confirmed through direct contact with the services.

Parenting (Group) Programmes

<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>TLC Kidz Programme Groupwork programme for children and mothers, meeting in separate groups (2 groups with children, one group for mothers) who have experienced Domestic Violence.</p> <p><i>Open for Referrals now</i></p>	<p>To start in early October 2021</p> <p>12 week programme</p>	Venue in North Tipperary, to be decided.	Children aged between 6 -16 years <u>and</u> their mothers from the North of the county.	<p>Margaret Carroll Blake, TLC Kidz Coordinator, Barnardos Family Support, The Mall House, Slievenamon Road, Thurles Tel. (0504) 20018 E-mail: info@thurles.barnardos.ie</p>
	<p><u>Strengthening Families Programme: 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. - Dinner is provided; creche facilities can be provided for younger children <p><i>Open for Referrals now</i></p>	<p>To start in November 2021 - 14 weekly sessions from 6pm to 8.30pm.</p> <p>Transport, dinner for participants and childcare on site are provided to support attendance.</p>	Venue to be confirmed but will be in the Nenagh/ Templemore area.	Teenagers aged 12 – 16 years with parent or responsible adult, residing in North Tipperary. Open to families and teenagers either with or without Substance Misuse issues.	<p>Christine Heffernan, Community Substance Misuse Team</p> <p>Tel. (061) 318904 086- 414 1890</p> <p>e-mail: cheffernan@csmt.ie</p>

Northern section of Co. Tipperary	<p>Circle of Security Parenting: <u>Group programme:</u> This unique programme is based on decades of research on how parent-child relationships can be supported and strengthened. Our trained facilitators will help parents who participate in this programme to:</p> <ul style="list-style-type: none"> - Understand their child's emotional world by learning to read emotional needs - Support their child's ability to successfully manage emotions - Enhance the development of their child's self-esteem - Help their child to feel secure 	<ul style="list-style-type: none"> - To start on Tuesday, 28th September 2021 - 8 weeks - Tuesday evenings, 7 – 8.30 p.m. 	<i>The programme will be run on-line</i>	Parents and carers of children and young people up to 16 years.	<p><i>Fiona Naughnane, Silver Arch Family Resource Centre, Nenagh</i></p> <p><i>Tel. (067) 41924 087 – 7921883</i></p>
	<p>Parenting when Separated (<i>Parents Plus</i>) <u>Group programme:</u> Solving co-parenting problems in a positive way that focuses on the needs of children</p>	<ul style="list-style-type: none"> - Start date in September - 6 weeks programme 	<i>The programme will be run on-line</i>	Parents who are going through a separation, or have already separated.	<p><i>Fiona Naughnane, Silver Arch Family Resource Centre, Nenagh</i></p> <p><i>Tel. (067) 41924 087 – 7921883</i></p>
Roscrea	<p>Parents Peer Support Group An informal Support Group for parents of children who struggle with school attendance and/or are experiencing issues in relation to school.</p> <p>This group will provide:</p> <ul style="list-style-type: none"> - An informal safe and welcoming space for parents to share their experiences. 	To start in September/October 2021	Venue in Roscrea to be confirmed	Parents of children of school age in Roscrea area	<p><i>Nina Marcic, Family Support Worker</i> <i>Tel.: 087 709 1195</i> <i>E-mail: nmarcic@ntdc.ie</i></p> <p><i>Roscrea Youth Service (0505) 24462</i></p>

Templemore	Autumn programmes: <ul style="list-style-type: none"> - Walk & Talk in the Park: Monday mornings, 11 – 12 a.m., in Templemore Town Park (<i>Athletic's Club entrance</i>) - 'Strong not Tough' – learning skills to alleviate stress and anxiety and to build resilience: 4 week programme. <u>Venue:</u> Old Court House, Bank Street, Templemore - Men's Group – Wood carving: Learning wood carving skills, Thursday afternoons for 8 weeks. <u>Venue:</u> Old Court House, Bank Street, Templemore - Women's Group – Art Classes. <u>Venue:</u> Old Court House, Bank Street, Templemore - 'Outside the School Box': Peer support group for parents around challenges of school life for their children. <p style="text-align: center;"><i>(Further enquiries to Mary Geoghegan, More Family Support project)</i></p>		<ul style="list-style-type: none"> - All welcome to 'Walk and Talk' events - 'Strong not Tough' programme open to all aged 18 years and over 	<p><i>Mary Geoghegan, More Family Support project, Youth Work Ireland Tipperary</i></p> <p><i>Tel. 087 264 2203</i></p>	
Tipperary town	Parenting programme <u>Group programme:</u> <ul style="list-style-type: none"> - Further enquiry for details with contact persons 	<ul style="list-style-type: none"> - To commence in Q. 4, 2021 - 8 weeks programme 	<p>Knockanrawley Resource Centre</p> <p><i>Face-to-face with Covid 19 protocols or on Zoom</i></p>	<p>Parents from Tipperary town and environs</p>	<p><i>Helen Buckley, Knockanrawley Resource Centre, Tipperary town Tel. (062) 52688</i></p> <p><i>Marian Clarke, Three Drives Family Resource Centre Tel. (062) 80831</i></p>
Cashel	Parenting Support (<i>Parents Plus Children, Adolescent and Parenting when Separated</i>) <ul style="list-style-type: none"> • Group programmes <p><i>Open for Referrals now</i></p>	<ul style="list-style-type: none"> • To run in September – December 2021, depending on numbers 	<p>Spafield Family Resource Centre, Cashel</p>	<p>Parents of children, 2– 16 years from Cashel area</p>	<p><i>Fiona Hayes Spafield Family Resource Centre, Cashel</i></p> <p><i>Tel. (062) 63622 fhayes@spafieldfrc.ie</i></p>

Clonmel	Parenting when Separated (<i>Parents Plus</i>) <u>Group programme:</u> Parents Plus Parenting when Separated is a practical and positive evidence-based course for parents who are preparing for, going through or have gone through a separation or divorce. <i>Open for Referrals now</i>	<ul style="list-style-type: none"> - 6 weeks programme - Commencement date subject to level of demand 	On-line	Separated Parents of children & young people, 0 – 12 years from South Tipperary area	<i>Barnardos Family Support project, Clonmel</i> <i>Tel. (052) 617 0665</i>
<u>Other Parenting Group programmes available on-line</u>					
Co. Tipperary	Family Communications: Parenting when Separated Two group programmes to be run online <i>Course cost: €30.00</i>	Both programmes to commence on Tuesday, 28 th September, one at <u>10.30 a.m.</u> ; the other at <u>7.00 p.m.</u> 8 weeks each	On Zoom	People who are parenting alone People who are separated and co-parenting	<i>One Family Ireland</i> <i>Tel. 01-6629212</i> <i>For further information:</i> https://onefamily.ie/education-development/parents-programmes/
Positive Parenting: Join the Conversation on Toddlers Group programme – online <i>Course cost: €30.00</i>	To start on Wednesday, 29 th September 2021 at 10.30am 8 weeks				
Positive Parenting for Changing Families Group programme – online <i>Course cost: €30.00</i>	To start on Thursday 30 th September 2021 at 10.30am 8 weeks				
Family Communications: Parenting Teens Group programme – online <i>Course cost: €30.00</i>	To start on Thursday 30 th September 2021 at 7.00pm				

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	<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>Traveller Family Support project, North Tipperary Development Co.</p> <p>Support is provided to parents and families of the Travelling community in their own homes and neighbourhoods by phone and Home Visiting.</p>	<p>Monday – Friday, 9.00 a.m. – 5.00 p.m.</p>	<p><i>Type of contact is dependent on Covid-19 restrictions level</i></p>	<p>Traveller families in the North of the county</p>	<p><i>Traveller Programme Coordinator, North Tipperary Development Company, Main Street, Roscrea. Tel. (0505) 24166</i></p>
<p>Northern section of Co. Tipperary</p> <p><i>(Nenagh, Thurles, Newport, Borrisokane, Borrisoleigh, and Ballina)</i></p>	<p>Community Mothers Programme (Nenagh/Thurles):</p> <p>Ongoing parenting support and information provided by experienced facilitators in the following areas:</p> <ul style="list-style-type: none"> - Child Development - Parenting support - Infant Mental Health/ Bonding and Attachment - Infant - Baby massage - Ante-natal support - Breast-feeding - Healthy Weaning 	<p>Monday – Friday, 9.00 a.m. - 5.00 p.m.</p>	<p><i>Type of contact is dependent on Covid-19 restrictions level</i></p>	<p>Families living in the areas listed with children from birth to pre-school age.</p>	<p><i>Brigid Murphy, Community Mothers Programme, Silver Arch Family Resource Centre, Nenagh</i></p> <p><i>Tel. (067) 31800 087- 278 0029</i></p> <p><i>Email: info@silverarchfrc.ie</i></p>

<p>Nenagh and surrounding area</p>	<p>North Tipperary Parents Support Project: Providing support for parents with everyday life events including:</p> <ul style="list-style-type: none"> - Parenting stress - Parental styles - Parenting through Separation - Peer group pressure - Childhood Stress and Anxiety - Social Media concerns <p>Support is provided in one-to-one sessions, group parenting courses, themed parenting talks, workshops and seminars.</p>	<p>Monday – Friday, 9.00 a.m. – 5.00 p.m.</p>	<p>Silver Arch Family Resource Centre, 52 Silver Street, Nenagh</p> <p><i>Type of contact is dependent on Covid-19 restrictions level</i></p>	<p>Parents from Nenagh, Borrisokane, Newport, Toomevara and surrounding areas</p>	<p><i>Fiona Naughnane, Silver Arch Family Resource Centre Nenagh.</i></p> <p><i>Tel (067) 31800 087 7921883</i></p>
<p>Roscrea</p>	<p>Roscrea Youth Service (RYS) Family Support service:</p> <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. 	<p>As required</p>	<p>Roscrea Youth Service, Rosemary Street, Roscrea, E53 C859</p> <p><i>Type of contact is dependent on Covid-19 restrictions level</i></p>	<p>Parents from Roscrea area</p>	<p><i>Nina Marcic, Family Support Worker Roscrea Youth Family Support Service North Tipperary Development Company, Roscrea</i></p> <p><i>Tel. (0505) 24462 087 709 1195</i></p> <p><i>E-mail: nmarcic@ntdc.ieNorth</i></p>
<p>Thurles area</p>	<p>Parent and Family Support:</p> <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 	<p>In the Barnardos Centre <u>and</u> in Family home.</p> <p><i>Type of contact is dependent on Covid-19 restrictions level</i></p>	<p>Parents of children, 0 – 17 years in Thurles Primary Care catchment area</p>	<p><i>Barnardos Centre, Slievenamon Road, Thurles</i></p> <p><i>Tel. (0504) 20018</i></p>

Thurles area	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 	In the Barnardos Centre <u>and</u> in Family home. <i>Type of contact is dependent on Covid-19 restrictions level</i>	Parents of children, 0 – 17 years in Thurles Primary Care catchment area	<i>Barnardos Centre, Slievenamon Road, Thurles</i> <i>Tel. (0504) 20018</i>
	Partnership with Parents –Birth to 2 Years <u>One-to-one programme:</u> <ul style="list-style-type: none"> - Developing parents' understanding of their child's needs & development. - Improving their relationship with their child - Understanding their approach to parenting - Looking at the supports around them and how these can help with their parenting 	<ul style="list-style-type: none"> • As required 	Barnardos Centre, Thurles, and in Family Home <i>Type of contact is dependent on Covid-19 restrictions level</i>	Parents of children aged 0 – 18 months in Thurles Primary Care catchment area	
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., 10 a.m. – 5 p.m. - Wednesday, 10 - 12 - Drop-In & by Appointment 	<i>Type of contact is dependent on Covid-19 restrictions level</i>	Parents of children aged 0-17 years in Templemore and environs	<i>Aileen Ryan, Family Support Worker Templemore Community Social Services Bank Street, Templemore</i> <i>Tel. (0504) 31244</i> socialworktss@gmail.com

Templemore	Parenting Support <ul style="list-style-type: none"> • Advice, advocacy and information on Parenting issues • Support (one to one and groups) on issues affecting parenting • Support for young people and their families/carers on a range of issues • Signposting families to relevant services 	Monday to Friday 9.00 – 4.30 p.m.	<i>Type of contact is dependent on Covid-19 restrictions level</i>	Families and Parents of children, aged 0 – 18 years, from Templemore and environs	<p><i>Mary Geoghegan, More Family Support Project, Youth Work Ireland Tipperary Templemore</i></p> <p><i>Tel. (0504) 56641 087-2642203</i></p>
Southern section of Co. Tipperary	Teen Parent Support Programme (<i>Positive Parenting for Changing Families programme</i>) <ul style="list-style-type: none"> - One-to-One - Outreach service 	<ul style="list-style-type: none"> • As required 	<i>Type of contact is dependent on Covid-19 restrictions level</i>	Teen parents aged 19 years and under in the South of Co. Tipperary	<p><i>Bernie Loughman, St. Catherine's Community Services, Carlow Tel.085 1101511 (059) 9138700</i></p>
Clonmel / Cahir/Cashel/ Carrick-on-Siúr/ 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>Type of contact is dependent on Covid-19 restrictions level</i>	Parents of children, 0 – 5 years in Clonmel, Cahir, Carrick-on-Siúr, Cashel and Fethard.	<p><i>Jill Sandvoss, Clonmel Community Mothers Programme</i></p> <p><i>Tel. 086-8359912</i></p> <p><i>Web-site: https://clonmelcommunitymother.ie/</i></p>

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>Type of contact is dependent on Covid-19 restrictions level</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>Type of contact is dependent on Covid-19 restrictions level</i>	Parents of children and teenagers, 0-17 years	
	Partnership with Parents –Birth to 2 Years <u>One-to-one programme:</u> (see above Barnardos services in Thurles)	<ul style="list-style-type: none"> As required 		Parents of children aged 0 – 18 months in Clonmel and surrounding areas	
Carrick-on-Siúir	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"> Childcare subsidy Educational support Financial support towards books and school materials 	- During working hours	<i>Type of contact is dependent on Covid-19 restrictions level</i>	Expectant student mothers or student mothers in second level education in Carrick area.	
	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 	<i>Type of contact is dependent on Covid-19 restrictions level</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	<p>Common Sense Parenting (Boys Town Parenting programme): <u>One-to-one</u></p> <p>To help parents to:</p> <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 	<p><i>Type of contact is dependent on Covid-19 restrictions level</i></p>	<p>Parents of children, aged 6 – 16 years</p>	<p><i>Foróige Neighbourhood Youth Project, Carrick-on-Siúir</i></p> <p><i>Siobhán Clifford:</i> <i>Tel. 086-8331886</i></p>
Cashel	<p>Parenting Support (Parents Plus Children, Adolescent and Parenting when Separated)</p> <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 	<p><i>Type of contact is dependent on Covid-19 restrictions level</i></p>	<p>Parents of children, 2– 16 years from Cashel area</p>	<p><i>Fiona Hayes</i> <i>Spafield Family Resource Centre, Cashel</i></p> <p><i>Tel. (062) 63622</i> <i>fhayes@spafieldfrc.ie</i></p>
Tipperary town	<p>Parenting Support (Positive Parenting for Changing Families programme)</p> <ul style="list-style-type: none"> • Advice on parenting • Support on parenting and family issues 	<ul style="list-style-type: none"> - Monday - Friday - By appointment 	<p><i>Type of contact is dependent on Covid-19 restrictions level</i></p>	<p>Parents of children and young people in Tipperary town</p>	<p><i>Three Drives Family Resource Centre, Grenane Drive Tipperary town</i></p> <p><i>Tel. (062) 80831</i></p>
	<p>Non-Violent Resistance programme:</p> <ul style="list-style-type: none"> - To help parents to deal with Child to Parent violence 			<p>Parents of children, aged 10 – 17/18 years</p>	
	<p>Art Therapy for children</p> <ul style="list-style-type: none"> • Referrals from parents, schools, etc. • For children with issues around anxiety, bullying, anger management, withdrawing behavior, etc. 			<ul style="list-style-type: none"> - During working hours <p><i>Sliding scale charges apply</i></p>	

Tipperary town	Play Therapy for children <ul style="list-style-type: none"> As above 	<u>Availability by phone:</u> - During working hours Sliding scale charges apply	<i>Type of contact is dependent on Covid-19 restrictions level</i>	Children & young people, 4 – 18 years in Tipperary town <i>Three Drives Family Resource Centre, Grenane Drive Tipperary town</i> <i>Tel. (062) 80831</i>
	Parenting Support (Positive Parenting for Changing Families programme) <ul style="list-style-type: none"> One-to-One & Couples Support on parenting and family issues Listening and referral service Non-Violent Resistance programme: To help parents to deal with Child to Parent violence 	<ul style="list-style-type: none"> Monday - Friday, 9 – 5 p.m., by appointment 	<i>Type of contact is dependent on Covid-19 restrictions level</i>	Parents of children, 0 – 17 years, from Tipperary town and environs <i>Helen Buckley, Parent & Family Support Programme, Knockanrawley Resource Centre, Knockanrawley, Tipperary town.</i> <i>Tel. (062) 52688</i> helenbuckleykrc@gmail.com knockcdp@gmail.com
	Parents Club Peer Support and Mentoring Group	Wednesday Ongoing weekly sessions	Knockanrawley Resource Centre, Tipperary town	Parents in Tipperary towns and environs
	Rainbows Group programme A programme with a peer support element for children experiencing parental separation and/or bereavement	Provisional start date: Tuesday, 10 th October 10 weeks	Knockanrawley Resource Centre, Tipperary town	Children, aged 7 – 12 years

Slieve Ardagh area <i>(including Glengoole, Killenaule, Ballingarry, & Mullinahone)</i>	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"> • By appointment 	Millennium Family Resource Centre, Glengoole <i>Covid-19 protocols in place</i>	Parents from Slieve Ardagh area	<i>Julie O'Halloran, Millennium Family Resource Centre, Glengoole</i> <i>Tel. (052) 915 7992</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	
	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 	<i>Type of contact is dependent on Covid-19 restrictions level</i>	Parents of children, aged 10 – 17/18 years	
	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. <i>Covid-19 protocols in place</i>	Parents of children, aged 3 – 12 years from Slieve Ardagh area	<i>Julie O'Halloran, Millennium Family Resource Centre, Glengoole</i> <i>Tel. (052) 915 7992</i>
	Play Therapy service for children <ul style="list-style-type: none"> - Referrals from professionals and self-referral from parents 	<ul style="list-style-type: none"> - Ongoing / As required <i>Sliding scale charge applies</i>		Children, aged 4 – 14 years	

Slieve Ardagh area <i>(including Glengoole, Killenaule, Ballingarry, & Mullinahone)</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.	Millennium Family Resource Centre, Glengoole <i>Covid-19 protocols in place</i>	Parents of Children aged 3 -15 years+	<i>Julie O'Halloran, Millennium Family Resource Centre, Glengoole</i> <i>Tel. (052) 915 7992</i>
	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 	Millennium Family Resource Centre, Glengoole <i>Covid-19 protocols in place</i>	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

<u>Area</u>	<u>Details of services</u>	<u>When</u>	<u>Venue</u>	<u>Target Group</u>	<u>Contact Details</u>
North Tipperary (Newport, Ballina, Borrisokane, Borrisoleigh, Nenagh, Thurles)	Walk and Talk Buggy Brigade Baby and Toddler Outdoor Walk & Talk: A great way for Mums, Dads, Grandparents, and Carers to meet up and also get some fresh air and exercise. <i>If you are interested, please contact <u>Brigid Murphy</u></i>	To commence on week of September 13 th	At locations in the places listed in column 1	Parents, Grand-parents and other carers of Babies & Toddlers.	Brigid Murphy, Community Mothers Programme, Silver Arch Family Resource Centre, Nenagh Tel. (067) 31800 087- 278 0029 Email: info@silverarchfrc.ie

Parenting Talks/Workshops

<u>Area</u>	<u>Subject of presentation & Presenters</u>	<u>When</u>	<u>Venue</u>	<u>Contact</u>
North of Co. Tipperary	<u>'Healthy Weaning'</u> workshops: Information sessions on the benefits of Healthy Weaning including the following: <ul style="list-style-type: none"> • How do I know if my baby is ready for weaning? • How do I start weaning? • What food can my baby have while weaning • Stages of weaning. • Demonstration of suitable recipes by nutritionist Target Group: Parents of babies, aged 4 – 6 months	<u>Thurles workshops:</u> - Friday morning, 10.30 – 12.00 - 24 th September – 15 th October <u>Nenagh workshops:</u> - Friday morning, 10.30 – 12.00 - 5 th - 26 th November	- The Source, Cathedral Street, Thurles - Tyone Community Centre, Tyone, Nenagh.	<u>For further details:</u> Brigid Murphy, Community Mothers Programme, Silver Arch Family Resource Centre, Nenagh Tel (067) 41922 087 278 0029

North of Co. Tipperary	<p>Five on-line Parenting Support workshops</p> <ul style="list-style-type: none"> • <i>No Drama Discipline: A Whole-Brain approach to calm the chaos and nurture your child's developing mind</i> • <i>Sleep Difficulties</i> • <i>Toileting Difficulties</i> • <i>Anxiety</i> • <i>Eating Difficulties in younger children</i> <p>(N.B. Two presentations of each workshop)</p>	<p>31st August, 10 – 11.30 a.m. <u>and</u> 7 – 8.30 p.m.</p> <p>7th September, as above</p> <p>14th September, as above</p> <p>21st September, as above</p> <p>28th September, as above</p>	<p>On Webex platform</p>	<p><u>For further details:</u></p> <p><i>Child & Family Primary Care Psychology Department, North Tipperary</i></p> <p><i>Tel. (067) 46442</i></p> <p><i>Email:</i> northtipperarypc.childpsychology@hse.ie</p>
	<p><i>'How parents can positively influence their daughters'</i> Dr. Eddie Murphy, Psychologist</p> <p>A webinar about Young Girls and Body Image, and the Impact of Social Media</p>	<p>Date to be confirmed</p>	<p>On-line</p>	<p><u>For further details:</u></p> <p><i>Fiona Naughnane, Silver Arch Family Resource Centre, Nenagh</i></p> <p><i>Tel. (067) 41924 087 – 7921883</i></p>
Co. Tipperary	<p><i>'Helping your Teenage Manage Worry and Anxiety'</i> Prof. John Sharry, Parents Plus</p>	<p>6th October, 7.00 p.m.</p>	<p>On-line</p>	<p><i>One Family Ireland</i></p> <p><i>Tel. 01-6629212</i></p> <p><i>Register at this link:</i> https://onefamily.ie/education-development/parents-programmes/additional-parenting-workshops/</p>

Co. Tipperary	<p><i>'Talking with Children about Family Change'</i> One Family Ireland</p> <p>This workshop will help parents to understand what their children need to know post-parental separation and how to find the confidence to explain it to them</p>	<p>Two presentations of this workshop:</p> <ul style="list-style-type: none"> - 29th September, at 7 p.m. - 24th November, at 10 a.m. 	<p>On-line</p>	<p>One Family Ireland</p> <p>Tel. 01-6629212</p> <p>Register at this link: https://onefamily.ie/education-development/parents-programmes/additional-parenting-workshops/</p>
----------------------	--	---	----------------	--

On-line Resources

<i>Resource</i>	<i>Source</i>
https://www.tusla.ie/parenting-24-seven/	Túsla
https://www2.hse.ie/my-child/	HSE
<p>Mental Health & Wellbeing services: https://www2.hse.ie/wellbeing/mental-health/minding-your-mental-health-during-the-coronavirus-outbreak.html https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/news/supports-and-services-during-covid-19.html</p>	HSE
https://www.barnardos.ie/resources/parents/parenting-advice	Barnardos
<p>ASD support link: AsIAm and COVID-19 - AsIAm.ie - Ireland's National Autism Charity</p>	AsIAm, Ireland's national Autism Charity
<p>'In This Together Tipperary' has a range of resources to support all age groups in the community at this time. Follow the weblink: https://www.ppntipperary.ie/in-this-together-tipperary/</p>	Tipperary Public Participation Network
<p>'Keep Well' campaign during Covid: a link to resources to 'Keep Active', 'Stay Connected', 'Switch Off', and to 'Mind Your Mood'. https://www.tipperarycoco.ie/keepwell</p>	Tipperary County Council

<p>Tipperary Children & Young People's Services Committee's (CYPSC) on-line services directory. The directory provides information on all service provision in the county to the 0 – 24 years age cohort</p> <p>http://www.tipperarychildrenandyoungpeopleservices.ie/</p>	<p>Tipperary Children and Young People's Services Committee (CYPSC)</p>
---	---

Group programmes planned for Q.1, (Jan. – March) 2021

<u>Area</u>	<u>Details of services</u>	<u>When</u>	<u>Venue</u>	<u>Target Group</u>	<u>Contact Details</u>
<p>Southern section of Co. Tipperary</p>	<p>TLC Kidz Programme Groupwork programme for children and mothers, meeting in <u>separate</u> groups, who have experienced Domestic Violence.</p> <p><i>Open for Referrals now</i></p>	<ul style="list-style-type: none"> - To start January 2021 - 12 week programme 	<p>Venue to be decided</p>	<p>Children aged between 5 -16 years <u>and</u> their mothers from the South of the county.</p>	<p>Trish Keogh, Barnardos Family Support project, Clonmel. Tel. (052) 6170665 086 035 8532 E-mail: trish.keogh@barnardos.ie</p>

