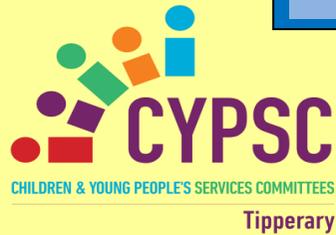


# Parenting Supports in Co. Tipperary: July - August 2022



WELCOME TO THE TIPPERARY CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEE PARENTING SUPPORT CALENDAR, JULY - AUGUST 2022. THE INFORMATION BELOW IS ORGANIZED UNDER 5 SECTIONS, AS FOLLOWS:



- Parenting Group Programmes
- Parenting Supports
- Parenting Talks / Workshops
- Parent, Baby & Toddler Groups
- On-line Resources

<b><i>Parenting (Group) Programmes</i></b>					
<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>
<b>Northern section of Co. Tipperary</b>	<b>TLC Kidz Programme</b> Groupwork programme for children and mothers who have experienced Domestic Violence and Abuse. <ul style="list-style-type: none"> <li>- Two children's groups</li> <li>- One mothers' group</li> </ul> Open for referrals <b>now</b>	To start in October 2022  12-week programme	Venue in North Tipperary, to be decided.	Children aged between 6 -18 years <u>and</u> their mothers from the North of the county.	Margaret Carroll Blake, Barnardos Family Support, Slievenamon Road, Thurles  Tel. (0504) 20018 086 047 1042  E-mail: <a href="mailto:margaret.carroll@barnardos.ie">margaret.carroll@barnardos.ie</a>

<p><b>Northern section of Co. Tipperary</b></p>	<p><b>Circle of Security Parenting: Group programme:</b>  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"> <li>- Understand their child's emotional world by learning to read emotional needs</li> <li>- Support their child's ability to successfully manage emotions</li> <li>- Enhance the development of their child's self-esteem</li> <li>- Help their child to feel secure</li> </ul>	<ul style="list-style-type: none"> <li>- To start in September/October 2022</li> <li>- 8 weeks</li> </ul> <p><i>Open for referrals <b>now</b></i></p>	<p>Venue to be confirmed</p>	<p>Parents and carers of children and young people up to 16 years</p>	<p><i>Fiona Naughnane,  Silver Arch Family Resource Centre,  Nenagh</i></p> <p><i>Tel. (067) 41924  087 792 1883</i></p>
	<p><b>Tuning into My Baby and Me (Infant Mental Health)</b> - Group programme to support mothers:</p> <ul style="list-style-type: none"> <li>- To tune into themselves and be self-caring</li> <li>- To recognize stress and to take a break</li> <li>- To tune into their babies and to recognise and respond to their babies' communication signals.</li> </ul> <p><b><i>If interested, contact Fidelma or Sue (see last column for contact details)</i></b></p>	<ul style="list-style-type: none"> <li>- Start date in late August/ early September</li> <li>- 8 – 10 weeks: 4-5 weeks prior to the birth, and 4-5 weeks after the birth</li> <li>- 1 session per week for 1½ hours</li> </ul>	<p>Venue to be confirmed</p>	<p>Mothers in the late stages of pregnancy (around 24 – 26 weeks)</p>	<p><i>Fidelma Costello, Túsla  Tel. 086 010 3968  Email: <a href="mailto:fidelma.costello@tusla.ie">fidelma.costello@tusla.ie</a></i></p> <p><i>Sue McGlone, Túsla  Tel. 087 647 1049  Email: <a href="mailto:susan.mcglone@tusla.ie">susan.mcglone@tusla.ie</a></i></p>

<p><b>Roscrea</b></p>	<p><b>Zones of Regulation programme:</b>  It is based on four colours to help children and young people self-identify how they are feeling and categorise it based on colour.  It helps children to:</p> <ul style="list-style-type: none"> <li>- Understand their emotions, sensory needs and thinking patterns</li> <li>- Learn different strategies to cope and manage their emotions.</li> <li>- Develop problem-solving skills</li> <li>- Become more attuned to how their actions affects others</li> </ul> <p><i>Parents are invited to the first session to learn to utilise the tools used in the programme at home.</i></p>	<p>i). Course for 4 – 10 yrs. age group, to start on Monday 11th July, 11.30 – 12.30</p> <p>6 weeks</p> <p>ii). Course for 11 – 16 yrs. age group, to start in late July</p> <p>6 weeks</p>	<p>RYS Family Support service, Rosemary Street, Roscrea E53 C859</p>	<p>Children and young people, aged 4 – 16/17 years, and their parents</p>	<p><i>North Tipperary Development Company - Roscrea Youth Family Support Service</i></p> <p><i>Tel. (0505) 24462</i></p> <p><i>Kate Flynn,</i> <i>Tel. 087-952 9041</i></p> <p><i>Caitlin Moyne,</i> <i>Tel. 087-709 1195</i></p>
<p><b>Templemore</b></p>	<p><b>Summer programmes:</b></p> <ul style="list-style-type: none"> <li>- Kids Art Workshops throughout the summer</li> <li>- Art in the Park – gaining inspiration from the park and then art class instruction on bringing your ideas to life</li> <li>- Men’s Group Ukulele Classes – any man living in the Templemore area are welcome</li> <li>- ‘A Place to be’ – creative workshops to assist children in identifying their emotions, and to help them develop wellbeing.</li> <li>- Parenting Programmes &amp; Speakers</li> </ul>		<ul style="list-style-type: none"> <li>- Kids Arts Workshops for age group, 7 – 13</li> <li>- Art in the Park for adults</li> <li>- ‘A Place to Be’ for age group, 7 - 13</li> </ul>	<p><i>More Family Support Project, Youth Work Ireland Tipperary, Templemore</i></p> <p><i>Mary Geoghegan,</i> <i>Tel. 087 264 2203</i></p> <p><i>Sara Leahy,</i> <i>Tel. 087 264 2203</i></p>	

<p><b>Southern section of Co. Tipperary</b></p>	<p><b>TLC Kidz Programme</b> Groupwork programme for children and mothers, meeting in <u>separate</u> groups, who have experienced Domestic Violence.</p> <p><i>Open for referrals <b>now</b></i></p>	<ul style="list-style-type: none"> <li>- To start in September 2022</li> <li>- 12 week programme</li> </ul>	<p>Venue to be decided</p>	<p>Children aged between 13 -15 years <u>and</u> their mothers from the South of the county.</p>	<p><i>Trish Keogh, Barnardos Family Support project, Clonmel.</i></p> <p><i>Tel. (052) 6170665 086 035 8532</i></p> <p><i>Email: <a href="mailto:trish.keogh@barnardos.ie">trish.keogh@barnardos.ie</a></i></p>
<p><b>Tipperary town</b></p>	<p><b>Parents Plus ‘Children’s Programme’ (Parents Plus):</b> <u>Group programme:</u></p> <ul style="list-style-type: none"> <li>- To develop a close and warm relationship with your child and to enjoy being their parent</li> <li>- To set rules and establish positive routines in the home</li> <li>- To manage difficult behaviour and discipline problems</li> <li>- To solve Childhood problems in a positive way that helps your child learn.</li> </ul> <p><i>Open for Referrals <b>now</b></i></p>	<ul style="list-style-type: none"> <li>- To commence on Friday, 2<sup>nd</sup> September</li> <li>- 8 weeks</li> </ul>	<p>Knockanrawley Resource Centre, Knockanrawley, Tipperary town</p>	<p>Parents of children, aged 6 – 11 years, 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>
	<p><b>Triple P Group programme</b></p> <p>Broad-based parenting course for parents who are interested in learning a variety of parenting skills.</p> <p><i>Open for referrals <b>now</b></i></p>	<ul style="list-style-type: none"> <li>- Start date: 26<sup>th</sup> September, 2022, 9.30 – 11.30 a.m.</li> <li>- 8 week programme: 4 (2 hour) group sessions and 4 phone consultations (15-30 mins).</li> </ul>	<p>Knockanrawley Resource Centre, Knockanrawley, Tipperary town</p>	<p>Parents of children up to 12 years old</p>	<p><i>Helen Buckley, Knockanrawley Resource Centre Tel. (062) 52688</i></p> <p><i>Anna Henebery Barnardos Family Support Project, Clonmel Tel (086) 060 0589 (052) 617 0665</i></p>

<b>Cashel</b>	<b>Parenting Support (<i>Parents Plus Children, Adolescent <u>and</u> Parenting when Separated</i>)</b> <ul style="list-style-type: none"> <li>Group programmes</li> </ul> <p><i>Open for Referrals now</i></p>	<ul style="list-style-type: none"> <li>To run in September – December 2022, pending sufficient numbers</li> </ul>	Spafield Family Resource Centre, Old Road, Cashel	Parents of children, 2– 16 years from Cashel area	<p><i>Fiona Hayes</i> Spafield Family Resource Centre, Cashel</p> <p>Tel. (062) 63622 <a href="mailto:fhayes@spafieldfrc.ie">fhayes@spafieldfrc.ie</a></p>
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## **Parenting Support**

<u>Area</u>	<u>Details of services</u>	<u>When</u>	<u>Venue</u>	<u>Target Group</u>	<u>Contact Details</u>
<b>Northern section of Co. Tipperary</b>  <b>(Nenagh, Thurles, Newport, Borrisokane, Borrisoleigh, and Ballina)</b>	<b>Community Mothers Programme (Nenagh/Thurles):</b> Ongoing parenting support and information provided by experienced facilitators in the following areas: <ul style="list-style-type: none"> <li>- Child Development</li> <li>- Parenting support</li> <li>- Infant Mental Health/ Bonding and Attachment</li> <li>- Infant - Baby massage</li> <li>- Ante-natal support</li> <li>- Breast-feeding</li> <li>- Healthy Weaning</li> </ul>	Monday – Friday, 9.00 a.m. - 5.00 p.m.	<ul style="list-style-type: none"> <li>- Home Visiting</li> <li>- Office appointments</li> <li>- Phone calls</li> <li>- Zoom and WhatsApp</li> </ul>	Families living in the areas listed with children from birth to pre-school age.	<p><i>Brigid Murphy, Community Mothers Programme,</i> <i>Silver Arch Family Resource Centre, Nenagh</i></p> <p>Tel. (067) 31800 087- 278 0029</p> <p>Email: <a href="mailto:info@silverarchfrc.ie">info@silverarchfrc.ie</a></p>
<b>Northern section of Co. Tipperary</b>	<b>Partnership with Families project: Advocacy service for parents of children in the care of Túsla</b> <ul style="list-style-type: none"> <li>- To support parents to engage with Túsla and other relevant services</li> <li>- To support parents to have continued involvement with their children in care</li> </ul>	<ul style="list-style-type: none"> <li>- Monday to Wednesday in a.m.</li> <li>- Thursday <u>or</u> Friday, 9.00 – 5.00</li> </ul>	Home visits and Office visits	Parents of children in the care of Túsla in the North of the county.	<p><i>Eilleen Healy, Advocacy Worker,</i> <i>Silver Arch Family Resource Centre, Nenagh</i></p> <p>Tel.(067) 31800</p>

<b>Northern section of Co. Tipperary</b>	<b>Traveller Family Support project, North Tipperary Development Co.</b> 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.	Home Visits and Office visits	Traveller families in the North of the county	<i>Traveller Programme Coordinator, North Tipperary Development Company, Main Street, Roscrea. Tel. (0505) 24166</i>
<b>Nenagh and surrounding area</b>	<b>North Tipperary Parents Support Project:</b> Providing support for parents with everyday life events including: <ul style="list-style-type: none"> <li>- Parenting stress</li> <li>- Parental styles</li> <li>- Parenting through Separation</li> <li>- Peer group pressure</li> <li>- Childhood Stress and Anxiety</li> <li>- Social Media concerns</li> </ul> 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	Parents from Nenagh, Borrisokane, Newport, Toomevara and surrounding areas	<i>Fiona Naughnane, Silver Arch Family Resource Centre Nenagh.  Tel (067) 31800 087 7921883</i>
<b>Roscrea</b>	<b>Roscrea Youth Service (RYS) Family Support service:</b> <ul style="list-style-type: none"> <li>• Advice on parenting</li> <li>• Support on issues affecting parenting</li> <li>• One-to-one with parents and children / young people</li> <li>• Sign-posting parents to other RYS services as required, including youth counselling, LGBT youth support, the youth project and RAY Garda Youth Diversion Project.</li> <li>• Weekly Drop-In for parents</li> </ul>	Mon – Thurs., 9 – 5.30 p.m. Friday, 9 – 5.00 p.m.  <u>Drop-In:</u> on Mondays, 10 – 11 a.m., starting 18 <sup>th</sup> July 2022	RYS Family Support service, Rosemary Street, Roscrea, E53 C859  Home Visits as required	Parents from Roscrea area	<i>North Tipperary Development Company - Roscrea Youth Family Support Service  Tel. (0505) 24462  Kate Flynn, Tel. 087-952 9041  Caitlin Moyne, Tel. 087-709 1195</i>

<b>Roscrea</b>	<b>Parent Peer Support Group:</b> Supportive space for parents to share experiences of parenting	- Starting Thursday, 14 <sup>th</sup> July 2022, 6 – 7 p.m. - Weekly, on Thurs.	Roscrea Youth Service, Rosemary Street, Roscrea, E53 C859	Parents of children of any age.	<i>North Tipperary Development Company - Roscrea Youth Family Support Service</i>  <i>See above for contact details</i>
<b>Templemore</b>	<b>Parenting Support</b> <ul style="list-style-type: none"> <li>• Family Support</li> <li>• Advice and information on wider issues affecting parenting</li> <li>• Practical support</li> </ul>	- Mon. – Thurs. 10 – 5 p.m. - Drop In & by Appointment	Templemore Community Social Services Bank Street, Templemore (yellow door)	Parents of children aged 0-17 years in Templemore and environs	<i>Sharon Dunne, Social Worker</i> <i>Templemore Community Social Services</i> <i>Bank Street, Templemore</i>  <i>Tel. (0504) 31244</i> <i>083 160 6832</i> <a href="mailto:socialworktss@gmail.com">socialworktss@gmail.com</a>
	<b>Parenting Support</b> <ul style="list-style-type: none"> <li>• Advice, advocacy and information on Parenting issues</li> <li>• Support (one to one and groups) on issues affecting parenting</li> <li>• Support for young people and their families/carers on a range of issues</li> <li>• Signposting families to relevant services</li> </ul>	- Monday to Friday, 9.00 – 4.30 p.m.	More Family Support project, Old Courthouse, Bank Street, Templemore	Families and Parents of children, aged 0 – 18 years, from Templemore and environs	<i>More Family Support Project, Youth Work Ireland Tipperary Templemore</i>  <i>Mary Geoghegan,</i> <i>Tel. 087 264 2203</i>  <i>Sara Leahy,</i> <i>Tel. 083 100 4141</i>
<b>Thurles area</b>	<b>Parent and Family Support:</b> <ul style="list-style-type: none"> <li>- Support to parents and children</li> <li>- Tailored around specific needs</li> <li>- Includes structured parenting programme, parent-child work and work with children</li> </ul> Available on a <b>one-to-one</b> basis for parents	- During working hours	In the Barnardos Centre <u>and</u> in Family home.	Parents of children, 0 – 17 years in Thurles Primary Care catchment area	<i>Barnardos Centre, Slievenamon Road, Thurles</i>  <i>Tel. (0504) 20018</i>

<b>Thurles area</b>	<b>Partnership with Parents</b> <u>One-to-one programme:</u> <ul style="list-style-type: none"> <li>- Developing parents' understanding of their child's needs</li> <li>- Developing their understanding of their child's development</li> <li>- Improving their relationship with their child</li> <li>- Understanding their approach to parenting</li> </ul>	<ul style="list-style-type: none"> <li>- During working hours</li> </ul>		Parents of children, 0 – 17 years in Thurles Primary Care catchment area	<i>Barnardos Centre,          Slievenamon Road, Thurles           Tel. (0504) 20018</i>
	<b>Partnership with Parents –Birth to 2 Years</b> <u>One-to-one programme:</u> <ul style="list-style-type: none"> <li>- Developing parents' understanding of their child's needs &amp; development.</li> <li>- Improving their relationship with their child</li> <li>- Understanding their approach to parenting</li> <li>- Looking at the supports around them and how these can help with their parenting</li> </ul>	<ul style="list-style-type: none"> <li>• As required</li> </ul>	Barnardos Centre, Thurles, and in Family Home	Parents of children, aged 0 – 18 months, in Thurles Primary Care catchment area	
<b>Southern section of Co. Tipperary</b>	<b>South Tipperary Parent Hub</b> A weekly Drop-In service for parents seeking: <ul style="list-style-type: none"> <li>- Parenting Advice</li> <li>- Information on Services</li> <li>- Parenting Support</li> </ul>	<b>Venues &amp; Dates:</b> <ul style="list-style-type: none"> <li>- <u>Spafield Family Resource Centre (FRC), Cashel:</u>              Monday, 9.30 a.m. – 12.30 p.m. on <b>18<sup>th</sup> July 2022</b></li> <li>- <u>Barnardos Family Support Project, Clonmel:</u>              Wednesday, 9.30 a.m. – 12.30 p.m. on <b>20<sup>th</sup> July and 17<sup>th</sup> August 2022</b></li> </ul>	Parents in South Tipperary	<ul style="list-style-type: none"> <li>- <i>Text or Whatsapp: 087-1241231</i></li> <li>- <i>Facebook: <a href="https://fb.me/southtipperaryparenthub">https://fb.me/southtipperaryparenthub</a></i></li> <li>- <i>Email: <a href="mailto:southtipp.parentshub@barnardos.ie">southtipp.parentshub@barnardos.ie</a></i></li> </ul>	

<p><b>Southern section of Co. Tipperary</b></p>	<p><b>South Tipperary Parent Hub (cont.)</b>  A weekly Drop-In service for parents seeking:</p> <ul style="list-style-type: none"> <li>- Parenting Advice</li> <li>- Information on Services</li> <li>- Parenting Support</li> </ul>	<p><b>Venues &amp; Dates (cont.):</b></p> <ul style="list-style-type: none"> <li>- <u>Three Drives FRC, Tipperary town:</u>  Tuesday, 9.30 a.m. – 12.30 p.m. on <b>26<sup>th</sup> July</b> and <b>23<sup>rd</sup> August</b> 2022</li> <li>- <u>Clonmel Community Mothers Program:</u>  Wednesday, 9.30 a.m. – 12.30 p.m. on <b>27<sup>th</sup> July</b>; and <b>24<sup>th</sup> August</b> 2022</li> <li>- <u>Foróige Neighbourhood Youth and Family Project, Carrick-on-Siúir:</u>  Tuesday, 9.30 a.m. – 12.30 p.m. on <b>5<sup>th</sup> July</b>; <b>2<sup>nd</sup> August</b>; and <b>30<sup>th</sup> August</b> 2022</li> <li>- <u>Cashel Neighbourhood Youth &amp; Family Project:</u>  Tuesday, 11.00 a.m. – 2.00 p.m. on <b>5<sup>th</sup> July</b>; <b>2<sup>nd</sup> August</b>; and <b>30<sup>th</sup> August</b> 2022</li> <li>- <u>Millennium FRC, Glengoole:</u>  Wednesday, 9.30 a.m. – 12.30 p.m. on <b>6<sup>th</sup> July</b>; and <b>31<sup>st</sup> August</b> 2022</li> <li>- <u>Knockanrawley Resource Centre, Tipperary town:</u>  Tuesday, 9.30 a.m. – 12.30 p.m. on <b>12<sup>th</sup> July</b> 2022</li> <li>- <u>Clonmel Community Resource Centre:</u>  Wednesday, 9.30 a.m. – 12.30 p.m. on <b>13<sup>th</sup> July</b> and <b>10<sup>th</sup> August</b> 2022</li> </ul>	<p>Parents in South Tipperary</p>	<ul style="list-style-type: none"> <li>- <i>Text or Whatsapp:</i> 087-1241231</li> <li>- <i>Facebook:</i>  <a href="https://fb.me/southtipperaryparenthub">https://fb.me/southtipperaryparenthub</a></li> <li>- <i>Email:</i>  <a href="mailto:southtipp.parentshub@barnardos.ie">southtipp.parentshub@barnardos.ie</a></li> </ul>
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<b>Southern section of Co. Tipperary</b>	<b>Teen Parent Support Programme (<i>Positive Parenting for Changing Families programme</i>)</b> - One-to-One - Outreach service	<ul style="list-style-type: none"> <li>As required</li> </ul>	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>
<b>Clonmel / Cahir/Cashel/ Carrick-on-Siúir/ Fethard and environs</b>	<b>Clonmel Community Mothers Programme</b> Providing support and information - Child Development - Parenting support - Infant Mental Health/Attachment - Ante-natal support - Newborn Observations - Breast-feeding support - Baby massage - Therapeutic Play Skills	<ul style="list-style-type: none"> <li>During working hours</li> </ul>	- Home Visiting - Office appointments - Phone calls - Zoom and WhatsApp	Parents of children, 0 – 5 years in Clonmel, Cahir, Carrick-on-Siúir, Cashel and Fethard.	<i>Jill Sandvoss, Clonmel Community Mothers Programme   Tel. 086-8359912   Web-site:  <a href="https://clonmelcommunitymother.ie/">https://clonmelcommunitymother.ie/</a></i>
<b>Clonmel</b>	<b>Barnardos Family Support Project</b> is a community based project in Clonmel offering support and advice to families experiencing a difficult period.	During working hours	Barnardos Family Support project, 140 Elm Park, Clonmel  - Home Visiting - Office appointments	Parents/Carers living in Clonmel and its environs.	<i>Barnardos Family Support Project, Clonmel   Tel: (052) 6170665</i>
<b>Partnership with Parents</b> To support parents to build their parenting skills, and to strengthen relationships.	During working hours	Parents of children and teenagers, 0-17 years			
<b>Partnership with Parents –Birth to 2 Years</b> <u>One-to-one programme:</u> (see above Barnardos services in Thurles)	<ul style="list-style-type: none"> <li>As required</li> </ul>	Parents of children aged 0 – 18 months in Clonmel and surrounding areas			

<b>Clonmel</b>	<b>Family support service (<i>Parents Plus – Healthy Families</i>):</b> <ul style="list-style-type: none"> <li>- One-to-one with parents</li> <li>- Promoting Healthy Eating</li> <li>- Establishing routines</li> <li>- Maintaining positive Mental Health</li> <li>- Building positive Family Relationships</li> </ul>	Monday – Friday, 9.00 a.m. – 5.00 p.m.	Clonmel Community Resource Centre	Parents of children, 1 - 12 years in Clonmel	<i>Dara Arrigan, Family Support Worker, Clonmel Community Resource Centre</i>  <i>Tel. (052) 612 9143 089 612 7451</i>  <i>Email: <a href="mailto:dara@clonmelcrc.ie">dara@clonmelcrc.ie</a></i>
	<b>Non-Violent Resistance programme:</b> To support parents to deal with Child to Parent violence			Parents of children and young people in Clonmel	
<b>Carrick-on-Siúir</b>	<b>Barnardos Student Mothers' Group:</b> <u>Support for young expectant mothers and young mothers to remain in second-level education:</u>  <ul style="list-style-type: none"> <li>- Childcare subsidy</li> <li>- Educational support</li> <li>- Financial support towards books and school materials</li> </ul>	- During working hours	<ul style="list-style-type: none"> <li>- Home Visits</li> <li>- Office visits</li> </ul>	Expectant student mothers or student mothers in second level education in Carrick area.	<i>Una Conroy, Barnardos, 130 Clonard Park, Ballybeg, Waterford</i>  <i>Tel. (051) 844140</i> <i>Email: <a href="mailto:una.conroy@barnardos.ie">una.conroy@barnardos.ie</a></i>
	<b>Non-Violent Resistance programme:</b> <u>One-to-one programme:</u> <ul style="list-style-type: none"> <li>- To help parents to deal with Child to Parent violence</li> </ul>	<ul style="list-style-type: none"> <li>• As required</li> </ul>	Home visits and office appointments at Foróige Neighbourhood Youth & Family Project, Kickham Street, Carrick-on-Siúir	Parents of children, aged 10 – 17/18 years	<i>Foróige Neighbourhood Youth &amp; Family Project, Carrick-on-Siúir</i>  <i>Siobhán Clifford: Tel. 086-833 1886</i>

<b>Carrick-on-Siúir</b>	<b>Common Sense Parenting (Boys Town Parenting programme):</b> <u>One-to-one</u> To help parents to: <ul style="list-style-type: none"> <li>- Build Family Relationships</li> <li>- Deal with Problem Behaviour</li> <li>- Teach Social Skills</li> <li>- Promote Self Control</li> </ul>	<ul style="list-style-type: none"> <li>• As required</li> </ul>	Home visits and office appointments at Foróige Neighbourhood Youth & Family Project, Kickham Street, Carrick-on-Siúir	Parents of children, aged 6 – 16 years	<i>Foróige Neighbourhood Youth &amp; Family Project, Carrick-on-Siúir</i>  <i>Siobhán Clifford:</i> <i>Tel. 086-833 1886</i>
<b>Cashel</b>	<b>Parenting Support (Parents Plus Children, Adolescent and Parenting when Separated)</b> <ul style="list-style-type: none"> <li>• One-to-One</li> <li>• Advice on Parenting</li> <li>• Listening &amp; Referral service</li> </ul>	<ul style="list-style-type: none"> <li>• Monday - Friday</li> <li>• Drop-In or by Appointment</li> </ul>	Spafield Family Resource Centre, Old Road, Cashel	Parents of children, 2– 16 years from Cashel area	<i>Fiona Hayes</i> <i>Spafield Family Resource Centre, Cashel</i>  <i>Tel. (062) 63622</i> <i>fhayes@spafieldfrc.ie</i>
<b>Tipperary town</b>	<b>Parenting Support (Positive Parenting for Changing Families programme)</b> <ul style="list-style-type: none"> <li>• Advice on parenting</li> <li>• Support on parenting and family issues</li> </ul>	<ul style="list-style-type: none"> <li>- Monday - Friday</li> <li>- By appointment</li> </ul>	Three Drives FRC, Grenane Drive Tipperary town	Parents of children and young people in Tipperary town	<i>Three Drives Family Resource Centre, Grenane Drive Tipperary town</i>  <i>Tel. (062) 80831</i>
	<b>Non-Violent Resistance programme:</b> <ul style="list-style-type: none"> <li>- To help parents to deal with Child to Parent violence</li> <li>-</li> </ul>	<i>Service will be closed during 2<sup>nd</sup> &amp; 3<sup>rd</sup> weeks of August, 8 – 19<sup>th</sup>.</i>		Parents of children, aged 10 – 17/18 years	
	<b>Art Therapy &amp; Play Therapy for children</b> For children with issues around anxiety, bullying, anger management, withdrawing behavior, etc.	<ul style="list-style-type: none"> <li>- During working hours</li> </ul> <i>Referrals from parents, schools, etc.</i>  <b>Sliding scale charges apply</b>		Children & young people, 4 – 18 years in Tipperary town	

<b>Tipperary town</b>	<b>Parenting Support (<i>Parents Plus</i> and <i>Triple P</i> programmes)</b> <ul style="list-style-type: none"> <li>• One-to-One and Couples Parenting Support</li> <li>• Support on parenting and family issues</li> <li>• Listening and referral service</li> <li>• Non-Violent Resistance programme: To help parents to deal with Child to Parent violence</li> </ul>	<ul style="list-style-type: none"> <li>• Monday - Friday, 9 – 5 p.m., by appointment</li> </ul>	Knockanrawley Resource Centre, Tipperary town	Parents of children, 0 – 17 years, from Tipperary town and environs	<p><i>Helen Buckley, Parent &amp; Family Support Programme, Knockanrawley Resource Centre, Knockanrawley, Tipperary town.</i></p> <p><i>Tel. (062) 52688</i></p> <p><a href="mailto:helenbuckleykrc@gmail.com">helenbuckleykrc@gmail.com</a> <a href="mailto:knockcdp@gmail.com">knockcdp@gmail.com</a></p>
	<b>Rainbows Group programme</b> A programme with a peer support element for children experiencing parental separation and/or bereavement.	<ul style="list-style-type: none"> <li>- Commencement date to be confirmed</li> <li>- 10 weeks</li> </ul> <p><i>Open for referrals <b>now</b></i></p>		Children, aged 7 – 12 years	
<b>Slieve Ardagh area</b> <i>(including Glengoole, Killenaule, Ballingarry, &amp; Mullinahone)</i>	<b>Parenting Support</b> <ul style="list-style-type: none"> <li>- One-to-one</li> <li>- Parenting Support and Advice</li> <li>- A Listening Ear</li> </ul>	<ul style="list-style-type: none"> <li>• By appointment</li> <li>• Drop In (see <a href="#">South Tipperary Parent Hub</a> entry above)</li> </ul>	Millennium Family Resource Centre, Glengoole E41 AO65	Parents from Slieve Ardagh area	<p><i>Mary Grace, Millennium Family Resource Centre, Glengoole</i></p> <p><i>Tel. (052) 915 7992 083 207 1368</i></p>
	<b>Parents Plus Children's programme Programme (<i>Parents Plus</i>)</b> One-to-one parenting support including family sessions as required. <ul style="list-style-type: none"> <li>- promoting confidence, learning and positive behaviour</li> </ul>	<ul style="list-style-type: none"> <li>• By appointment</li> </ul>		Parents of children, aged 6 - 11 years, from Slieve Ardagh area	

<b>Slieve Ardagh area</b> <i>(including Glengoole, Killenaule, Ballingarry, &amp; Mullinahone)</i>	<b>Parents Plus Early Years Programme (Parents Plus)</b> One-to-one parenting support including family sessions as required. <ul style="list-style-type: none"> <li>- To help parents have close connected relationships with their children</li> <li>- To support parents to bring their child up to be emotionally secure and happy.</li> </ul>	<ul style="list-style-type: none"> <li>• By appointment</li> </ul>	Millennium Family Resource Centre, Glengoole E41 AO65	Parents of children, aged 1 - 6 years, from Slieve Ardagh area	<i>Mary Grace, Millennium Family Resource Centre, Glengoole</i>  <i>Tel. (052) 915 7992</i> <i>083 207 1368</i>
	<b>Circle of Security programme:</b> Circle of Security programme is a visual map of attachment. Parents who participate in this programme learn to: <ul style="list-style-type: none"> <li>- Understand their child's emotional world by learning to read emotional needs</li> <li>- Support their child's ability to successfully manage emotions</li> <li>- Enhance the development of their child's self-esteem</li> <li>- Help their child to feel secure</li> </ul>	<ul style="list-style-type: none"> <li>- By appointment</li> </ul>		Parents of children, aged 4 months – 3 years, from Slieve Ardagh area	
	<b>Non-Violent Resistance programme:</b> An evidence-based therapeutic approach to parenting to assist parents to manage issues of conflict, control and violence.	<ul style="list-style-type: none"> <li>- By appointment</li> </ul>		Parents of children, aged 10 – 17/18 years	

<b>Slieve Ardagh area</b> (including Glengoole, Killenaule, Ballingarry, & Mullinahone)	<b>Play Therapy service for children</b>	<ul style="list-style-type: none"> <li>- As required</li> <li>- Referrals from professionals and self-referral from parents</li> </ul> <p><b>Sliding scale charge applies</b></p>	Millennium Family Resource Centre, Glengoole E41 AO65	Children, aged 4 – 14 years	<p>Mary Grace, Millennium Family Resource Centre, Glengoole</p> <p>Tel. (052) 915 7992 083 207 1368</p>
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### **Parenting Talks/Workshops**

<u>Area</u>	<u>Subject of presentation &amp; Presenters</u>	<u>When</u>	<u>Venue</u>	<u>Contact</u>
<b>North Tipperary</b>	<p>'September Toolkit: Strategies for Parents to support their child's anxious feelings around the transition to Secondary School or Third-level Education'</p> <p>Joanna Fortune, Psychologist</p>	<ul style="list-style-type: none"> <li>- Monday, 12<sup>th</sup> September 2022</li> <li>- 7.00 – 8.30 p.m.</li> </ul>	On-line Zoom webinar	<p>Silver Arch Family Resource Centre, Nenagh</p> <p>Contact Tel. (067) 31800 for Zoom link information</p>

### **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>
<b>Co. Tipperary</b>	<p><b>Parent &amp; Toddler Groups:</b></p> <ul style="list-style-type: none"> <li>- Structured groups where parents engage in play and dance with their toddlers</li> <li>- Waiting lists apply in some cases</li> </ul>	<ul style="list-style-type: none"> <li>- Weekly sessions</li> <li>- Ongoing</li> </ul>	In various locations around the county: see <a href="#">web-link</a> below	Parents & Toddlers	<b>For full list of Parent &amp; Toddler Groups in the County, follow <a href="#">web-link</a> below</b>

**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:**

*Please note that most do not meet during the Summer period and will resume meeting in September.*

<b>Clonmel</b>	<b>Clonmel Mother &amp; Baby Group:</b> <ul style="list-style-type: none"> <li>- To meet other mothers of babies</li> <li>- Information and advice from Community Mothers staff available</li> <li>- Breast-feeding practitioner available</li> </ul> <p><b>Closed for August 2022</b></p>	<ul style="list-style-type: none"> <li>- Monday, 2.00 – 3.30 p.m.</li> <li>- Weekly</li> </ul>	Church of the Resurrection, Wilderness estate, Fethard Road, Clonmel	Mother and babies	<i>Jill Sandvoss, Clonmel Community Mothers Programme</i> <p><i>Tel. 086 835 9912</i></p>
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### ***On-line Resources***

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

A word cloud centered on the word "parenting". The word "parenting" is the largest and most prominent. Other words of varying sizes and orientations surround it, including "love", "advice", "laughter", "patience", "joy", "struggle", "choices", "exhaustion", "responsibility", "pain", "fun", "decisions", and "discipline". The words are arranged in a roughly rectangular shape, with "parenting" at the bottom right and "love" at the top left.