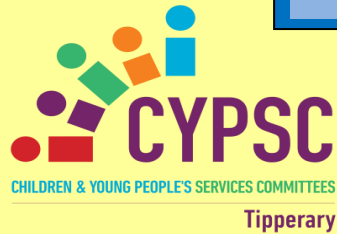


Parenting Supports in Co. Tipperary: September - December 2022



WELCOME TO THE TIPPERARY CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEE PARENTING SUPPORT CALENDAR, SEPTEMBER - DECEMBER 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

Parenting (Group) Programmes

(All programmes are open for referrals)

<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	TLC Kidz Programme Groupwork programme for children and mothers who have experienced Domestic Violence and Abuse. <ul style="list-style-type: none"> - Two children's groups - One mothers' group 	To start in the week of 4 th October 2022 12-week programme	Nenagh and Roscrea	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: margaret.carroll@barnardos.ie

Northern section of Co. Tipperary	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: <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"> - Commencing on Tuesday, 4th October 2022 - 7.00 – 8.30 p.m. - 8 weeks 	On-line	Parents and carers of children and young people up to 16 years	<i>Fiona Naughnane, Silver Arch Family Resource Centre Nenagh.</i> <i>Tel (067) 31800 087 7921883</i>
	Parents Plus 'Adolescents Programme' (Parents Plus): <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 start 23rd September 2022 - 10.00 – 12.00, in the morning - 6 weeks 	Silver Arch Training Room, Silver Arch Family Resource Centre, 52 Silver Street, Nenagh	Parents and carers of adolescents	

<p>Nenagh</p>	<p>Tuning into My Baby and Me (<i>Infant Mental Health</i>) - Antenatal group for women:</p> <ul style="list-style-type: none"> - Supporting women to develop self-care and nurturance skills and promoting early engagement and attachment with their babies. <p><i>If interested, contact Fidelma (see last column for contact details)</i></p>	<ul style="list-style-type: none"> - Commencing on the 20th September, 10-11.30a.m. - 5 week programme 	<p>Nenagh Arts Centre, Nenagh</p>	<p>Expectant mothers living in the Nenagh catchment area, ideally 24 weeks gestation onwards.</p> <p>N.B. Referrals Only</p>	<p><i>Fidelma Costello, Prevention Partnership & Family Support, Túsla</i></p> <p><i>Tel. 086 010 3968</i> <i>Email: fidelma.costello@tusla.ie</i></p>
<p>Roscrea</p>	<p>Zones of Regulation programme: 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"> - Understand their emotions, sensory needs and thinking patterns - Learn different strategies to cope and manage their emotions. - Develop problem-solving skills - Become more attuned to how their actions affects others <p><i>Parents are invited to the first session to learn to utilise the tools used in the programme at home.</i></p>	<p>The programme to be run during this period, Sept. – December 2022</p> <p><i>(Contact Kate or Caitlin for specific details)</i></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, Tel. 087-952 9041</i></p> <p><i>Caitlin Moyne, Tel. 087-709 1195</i></p>

Southern section of Co. Tipperary	TLC Kidz Programme Groupwork programme for children and mothers, meeting in <u>separate</u> groups, who have experienced Domestic Violence. <i>Open for referrals now</i>	<ul style="list-style-type: none"> - To start in September 2022 - 12 week programme 	Venue to be decided	Children aged between 13 -15 years <u>and</u> their mothers from the South of the county.	<i>Trish Keogh, Barnardos Family Support project, Clonmel.</i> <i>Tel. (052) 6170665 086 035 8532 Email: trish.keogh@barnardos.ie</i>
Tipperary town	Parents Plus ‘Children’s Programme’ (Parents Plus): <u>Group programme:</u> <ul style="list-style-type: none"> - To develop a close and warm relationship with your child and to enjoy being their parent - To set rules and establish positive routines in the home - To manage difficult behaviour and discipline problems - To solve Childhood problems in a positive way that helps your child learn. 	<ul style="list-style-type: none"> - To commence in September - 8 weeks 	Knockanrawley Resource Centre, Knockanrawley, Tipperary town	Parents of children, aged 6 – 11 years, from Tipperary town and environs	<i>Helen Buckley, Knockanrawley Resource Centre, Tipperary town Tel. (062) 52688</i> <i>Marian Clarke, Three Drives Family Resource Centre Tel. (062) 80831</i>
Tipperary town <u>and</u> Clonmel	Triple P Group programme Broad-based parenting course for parents who are interested in learning a variety of parenting skills.	<ul style="list-style-type: none"> - Start date: 26th September, 2022, 9.30 – 11.30 a.m. - 8 week programme: 4 (2 hour) group sessions and 4 phone consultations (15-30 mins). 	Knockanrawley Resource Centre, Knockanrawley, Tipperary town	Parents of children up to 12 years old	<i>Helen Buckley, Knockanrawley Resource Centre Tel. (062) 52688</i> <i>Anna Henebery Barnardos Family Support Project, Clonmel Tel 086 060 0589 (052) 617 0665</i>

Clonmel	Triple P Group programme Broad-based parenting course for parents who are interested in learning a variety of parenting skills.	<ul style="list-style-type: none"> - Start date: 5th October, 2022, 9.15am-11.15am - 8 week programme: 4 (2 hour) group sessions and 4 phone consultations (15-30 mins). 	Venue in Clonmel	Parents of children up to 12 years old	<p><i>Anna Henebery</i></p> <p><i>Barnardos Family Support Project</i> <i>Elm Park, Clonmel, Co. Tipperary</i></p> <p><i>Tel (086) 060 0589</i> <i>(052) 617 0665</i></p> <p><i>Email</i> Southtipp.parentshub@barnardos.ie</p>
Cashel	Parenting Support (<i>Parents Plus Children, Adolescent and Parenting when Separated</i>) <ul style="list-style-type: none"> • Group programmes 	<ul style="list-style-type: none"> • To run in September – December 2022, pending sufficient numbers 	Spafield Family Resource Centre, Old Road, Cashel	Parents of children, 2– 16 years from Cashel area	<p><i>Fiona Hayes</i></p> <p><i>Spafield Family Resource Centre, Cashel</i></p> <p><i>Tel. (062) 63622</i></p> <p><i>Email</i> fhayes@spafieldfrc.ie</p>

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 Túsła</p> <ul style="list-style-type: none"> - To support parents to engage with Túsła and other relevant services - To support parents to have continued involvement with their children in care 	<ul style="list-style-type: none"> - Monday to Wednesday in a.m. Thursday <u>or</u> Friday, 9.00 – 5.00 	Home visits and Office visits -	Parents of children in the care of Túsła in the North of the county.	<p><i>Eillean Healy,</i> <i>Advocacy Worker,</i> <i>Silver Arch Family Resource Centre,</i> <i>Nenagh</i></p> <p><i>Tel.(067) 31800</i></p>

<p>Northern section of Co. Tipperary</p> <p><i>(Newport, Borrisokane, Borrisoleigh, and Ballina)</i></p>	<p>Community Mothers Programme (Nenagh/Thurles): Ongoing parenting support and information provided by experienced facilitators including:</p> <ul style="list-style-type: none"> - Home Visits - Healthy Weaning workshops - Wellbeing & Self-Care workshop - Infant Baby Massage - My Place to Play – encouraging play with babies - Mother & Toddler/Baby groups 	<p>Monday – Friday, 9.00 a.m. - 5.00 p.m.</p>	<ul style="list-style-type: none"> - Home Visiting - Office appointments - Meeting in local venues - Phone calls <p>As required</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> <i>Silver Arch Family Resource Centre, Nenagh</i></p> <p><i>Tel. (067) 31800</i> <i>087- 278 0029</i></p> <p><i>Email: info@silverarchfrc.ie</i></p>
<p>Northern section of Co. Tipperary</p>	<p>Traveller Family Support project, North Tipperary Development Co. 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>Home Visits and Office visits</p>	<p>Traveller families in the North of the county</p>	<p><i>Traveller Programme Coordinator,</i> <i>North Tipperary Development Company,</i> <i>Main Street, Roscrea.</i> <i>Tel. (0505) 24166</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>Parents from Nenagh, Borrisokane, Newport, Toomevara and surrounding areas</p>	<p><i>Fiona Naughnane,</i> <i>Silver Arch Family Resource Centre</i> <i>Nenagh.</i></p> <p><i>Tel (067) 31800</i> <i>087 7921883</i></p>

<p>Nenagh</p>	<p>Community Mothers Programme Ongoing parenting support and information provided by experienced facilitators including:</p> <ul style="list-style-type: none"> - Home Visits - Healthy Weaning workshops - Wellbeing & Self-Care workshop - Infant Baby Massage - My Place to Play – encouraging play with babies - Mother and Toddler/Baby groups 	<p>Monday – Friday, 9.00 a.m. - 5.00 p.m.</p>	<ul style="list-style-type: none"> - Home Visiting - Office appointments - Meeting in local venues - Phone calls <p>As required</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> <i>Silver Arch Family Resource Centre, Nenagh</i></p> <p><i>Tel. (067) 31800</i> <i>087- 278 0029</i></p> <p><i>Email: info@silverarchfrc.ie</i></p>
<p>Roscrea</p>	<p>Roscrea Youth Service (RYS) Family Support service:</p> <ul style="list-style-type: none"> • Advice on parenting • Support on issues affecting parenting • One-to-one with parents and children / young people • Sign-posting parents to other RYS services as required, including youth counselling, LGBT youth support, the youth project and RAY Garda Youth Diversion Project. • Weekly Drop-In for parents <p>Parent Peer Support Group: Supportive space for parents to share experiences of parenting</p>	<p>Mon – Thurs., 9 – 5.30 p.m. Friday, 9 – 5.00 p.m.</p> <p>- To run monthly</p>	<p>RYS Family Support service, Rosemary Street, Roscrea, E53 C859</p> <p>Home Visits as required</p> <p>Roscrea Youth Service, Rosemary Street, Roscrea, E53 C859</p>	<p>Parents from Roscrea area</p> <p>Parents of children of any age.</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>

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"> - 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	<p><i>Sharon Dunne, Social Worker Templemore Community Social Services Bank Street, Templemore</i></p> <p><i>Tel. (0504) 31244 083 160 6832 socialworktss@gmail.com</i></p>
	Group activities/Parenting Support	<ul style="list-style-type: none"> • Women's Activity Group • Men's Group • Activity Group for Ukrainian community • Jigsaw Workshop for Parents "Supporting Young People's Mental Health" • Workshop for Parents concerned about child's development & who have/waiting for a diagnosis • Yoga and Mindfulness Groups • Parenting Programs • Workshops for children relating to emotional intelligence • Life outside the school box' peer parent support group for parents with children suffering school attendance anxiety. 	<ul style="list-style-type: none"> • Various days and times. Contact Sara or Mary for more details • Dependent on numbers registering 	MORE Family Support Project, Bank Street, Templemore	Adults in Templemore town and environs	<p><i>MORE Family Support Project, Youth Work Ireland Tipperary Templemore</i></p> <p><i>Tel. (0504) 56641</i></p> <p><i>Mary Geoghegan, Tel. 087 264 2203</i></p> <p><i>Sara Leahy, Tel. 083 100 4141</i></p>

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 	<ul style="list-style-type: none"> - Tuesday to Friday, 9.30 – 5.00 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>Tel. (0504) 56641</i> <i>Mary Geoghegan, Tel. 087 264 2203</i> <i>Sara Leahy, Tel. 083 100 4141</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 Available on a one-to-one basis for parents	<ul style="list-style-type: none"> - 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>
	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	

Thurles area	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	Parents of children, aged 0 – 18 months, in Thurles Primary Care catchment area	<i>Barnardos Centre, Slievenamon Road, Thurles</i> <i>Tel. (0504) 20018</i>
Thurles	Community Mothers Programme Ongoing parenting support and information provided by experienced facilitators including: <ul style="list-style-type: none"> - Home Visits - Healthy Weaning workshops - Wellbeing & Self-Care workshop - Infant Baby Massage - My Place to Play – encouraging play with babies - Mother and Toddler/Baby groups 	Monday – Friday, 9.00 a.m. - 5.00 p.m.	<ul style="list-style-type: none"> - Home Visiting - Office appointments - Meeting in local venues - Phone calls As required	Families living in the areas listed with children from birth to pre-school age.	<i>Brigid Murphy, Community Mothers Programme,</i> <i>Silver Arch Family Resource Centre, Nenagh</i> <i>Tel. (067) 31800</i> <i>087- 278 0029</i> <i>Email: info@silverarchfrc.ie</i>

<p>Southern section of Co. Tipperary</p>	<p>South Tipperary Parent Hub A weekly Drop-In service for parents seeking:</p> <ul style="list-style-type: none"> - Parenting Advice - Information on Services - Parenting Support 	<p><u>Venues & Dates:</u></p> <ul style="list-style-type: none"> - <u>Knockanrawley Resource Centre, Tipperary town:</u> Tuesday, 9.30 a.m. – 12.30 p.m. on 6th September; 4th October; 1st November; and 29th November 2022 - <u>Clonmel Community Resource Centre:</u> Wednesday, 9.30 a.m. – 12.30 p.m. on 7th September; 5th October; 2nd November; and 30th November 2022 - <u>Spafield Family Resource Centre (FRC), Cashel:</u> Monday, 9.30 a.m. – 12.30 p.m. on 12th September; 10th October; 7th November; and 5th December 2022 - <u>Barnardos Family Support Project, Clonmel:</u> Wednesday, 9.30 a.m. – 12.30 p.m. on 14th September; 12th October; 9th November; and 7th December 2022 - <u>Three Drives FRC, Tipperary town:</u> Tuesday, 9.30 a.m. – 12.30 p.m. on 20th September; 18th October; 15th November; and 13th December 2022 - <u>Clonmel Community Mothers Program:</u> Wednesday, 9.30 a.m. – 12.30 p.m. on 21st September; 19th October; 16th November; and 14th December 2022 	<p>Parents in South Tipperary</p>	<ul style="list-style-type: none"> - <i>Text or Whatsapp: 087-124 1231</i> - <i>Facebook link:</i> https://www.facebook.com/southtipperaryparenthub (South Tipperary Parent Hub FB) - <i>Email:</i> southtipp.parentshub@barnardos.ie
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Southern section of Co. Tipperary	South Tipperary Parent Hub (cont.) A weekly Drop-In service for parents seeking: <ul style="list-style-type: none"> - Parenting Advice - Information on Services - Parenting Support 	Venues & Dates (cont.): <ul style="list-style-type: none"> - <u>Foróige Neighbourhood Youth and Family Project, Carrick-on-Siúir:</u> Tuesday, 9.30 a.m. – 12.30 p.m. on 27th September; 25th October; 22nd November; and 20th December 2022 - <u>Cashel Neighbourhood Youth & Family Project:</u> Tuesday, 11.00 a.m. – 2.00 p.m. on 27th September; 25th October; 22nd November; and 20th December 2022 - <u>Millennium FRC, Glengoole:</u> Wednesday, 9.30 a.m. – 12.30 p.m. on 28th September; 26th October; 23rd November; and 21st December 2022 		Parents in South Tipperary	<ul style="list-style-type: none"> - <i>Text or Whatsapp: 087-124 1231</i> - <i>Facebook link:</i> https://www.facebook.com/southtipperaryparenthub (South Tipperary Parent Hub FB) - <i>Email:</i> southtipp.parentshub@barnardos.ie
Southern section of Co. Tipperary	Teen Parent Support Programme (Positive Parenting for Changing Families programme) <ul style="list-style-type: none"> - One-to-One - Outreach service 	<ul style="list-style-type: none"> • As required 	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.085 110 1511 (059) 913 8700</i>
Clonmel / Cahir/Cashel/ Carrick-on-Siúir/ Fethard and environs	Clonmel Community Mothers Programme Providing support and information <ul style="list-style-type: none"> - 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"> • During working hours 	<ul style="list-style-type: none"> - 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. 086 835 9912</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	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</i> <i>Tel: (052) 6170665</i>
	Partnership with Parents To support parents to build their parenting skills, and to strengthen relationships.	During working hours		Parents of children and teenagers, 0-17 years	
	Partnership with Parents –Birth to 2 Years <i>One-to-one programme: (see above Barnardos services in Thurles)</i>	<ul style="list-style-type: none"> As required 		Parents of children aged 0 – 18 months in Clonmel and surrounding areas	
Clonmel	Family support service (<i>Parents Plus – Healthy Families</i>): <ul style="list-style-type: none"> One-to-one with parents Promoting Healthy Eating Establishing routines Maintaining positive Mental Health Building positive Family Relationships 	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, Kickham Street, Clonmel</i> <i>Tel. (052) 612 9143 089 612 7451</i> <i>Email: dara@clonmelcrc.ie</i>
	Non-Violent Resistance programme: To support parents to deal with Child to Parent violence			Parents of children and young people in Clonmel	

Carrick-on-Siúir	Barnardos Student Mothers' Group: <u>Support for young expectant mothers and young mothers to remain in second-level education:</u>	- During working hours	- Home Visits - Office visits	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:</i> una.conroy@barnardos.ie
	Non-Violent Resistance programme: <u>One-to-one programme:</u>	• As required	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 & Family Project, Carrick-on-Siúir</i> <i>Siobhán Clifford:</i> <i>Tel. 086-833 1886</i>
	Common Sense Parenting (Boys Town Parenting programme): <u>One-to-one</u> To help parents to:	• As required		Parents of children, aged 6 – 16 years	
Cashel	Parenting Support (Parents Plus Children, Adolescent <u>and</u> Parenting when Separated) • One-to-One • Advice on Parenting • Listening & Referral service	• Monday - Friday • Drop-In or by Appointment	Spafield Family Resource Centre, Old Road, Cashel	Parents of children, 2– 16 years from Cashel area	<i>Fiona Hayes Spafield Family Resource Centre, Cashel</i> <i>Tel. (062) 63622</i> <i>fhayes@spafieldfrc.ie</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 	<ul style="list-style-type: none"> - Monday - Friday - By appointment 	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>
	Non-Violent Resistance programme: <ul style="list-style-type: none"> - To help parents to deal with Child to Parent violence 			Parents of children, aged 10 – 17/18 years	
	Art Therapy & Play Therapy for children For children with issues around anxiety, bullying, anger management, withdrawing behavior, etc.	<ul style="list-style-type: none"> - During working hours <i>Referrals from parents, schools, etc.</i> <i>Sliding scale charges apply</i>		Children & young people, 4 – 18 years in Tipperary town	
	Parenting Support (<i>Parents Plus and Triple P programmes</i>) <ul style="list-style-type: none"> • One-to-One and Couples Parenting Support • 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 		Knockanrawley Resource Centre, Tipperary town	

Tipperary town	Parents Club A peer group that have an opportunity to identify and have facilitated group supports that are beneficial to them, for example: Stress Management, Healthy Eating for Living, Parental Self-care etc.	<ul style="list-style-type: none"> - Re-starts on Wednesday, 14th September 2022 - On Wednesdays, 10 – 11.30 a.m. - Ongoing weekly sessions 	Knockanrawley Resource Centre, Tipperary town	Parents in Tipperary towns and environs	<p><i>Helen Buckley, Parent & Family Support Programme, Knockanrawley Resource Centre, Knockanrawley, Tipperary town.</i></p> <p>Tel. (062) 52688</p> <p>helenbuckleykrc@gmail.com knockcdp@gmail.com</p>
	Rainbows Group programme A programme with a peer support element for children experiencing parental separation and/or bereavement.	<ul style="list-style-type: none"> - Commencement date to be confirmed - 10 weeks <p><i>Open for referrals now</i></p>		Children, aged 7 – 12 years	
Slieve Ardagh area <i>(including Glengoole, Killenaule, Ballingarry, & Mullinahone)</i>	Incredible Years Parenting Programme This programme helps parents to meet the social and emotional needs of children. It strengthens parenting skills and fosters involvement in children's lives to promote their academic, social and emotional competencies and to reduce conduct problems	<ul style="list-style-type: none"> • By appointment 	Millennium Family Resource Centre, Glengoole	Parents of children aged 3 – 12 years from Slieveardagh / Glengoole, Killenaule, Ballingarry, & Mullinahone areas	<p><i>Julie O'Halloran, Millennium Family Resource Centre, Glengoole, Co. Tipperary</i></p> <p>Tel. (052) 915 7992</p> <p><i>Email: julie@mfr.ie</i></p>
	Parents Plus Adolescents Programme One-to-one parenting support including family sessions as required.	<ul style="list-style-type: none"> • By appointment 		Parents of children, aged 11 - 16 years, from Slieveardagh / Glengoole/ Killenaule/ Mullinahone/ Ballingarry	

Slieve Ardagh area <i>(including Glengoole, Killenaule, Ballingarry, & Mullinahone)</i>	Play Therapy service for children <p>Play is essential for children to develop physically, emotionally, socially and cognitively. Children express themselves and communicate through their play. Many children are unable to communicate their experiences directly. Play Therapy is a process which helps children to express their feelings in a safe and secure environment. This leads to healing, understanding and change.</p> <p>Play Therapy is a non-directive, non-judgemental way of working with children who may have emotional or behavioural difficulties. My role is to support the child in a therapeutic way through their healing and recovery.</p>	<ul style="list-style-type: none"> • Ongoing / As required • Referrals from professionals and self-referral from parents • Sliding scale of charge applies 	Millennium Family Resource Centre, Glengoole	Children, aged 4 – 14 years	<i>Julie O'Halloran, Millennium Family Resource Centre, Glengoole, Co. Tipperary</i> <i>Tel. (052) 915 7992</i> <i>Email: julie@mfrc.ie</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 Limits 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 – 12 years from Slieve Ardagh / Glengoole/ Killenaule/ Mullinahone/ Ballingarry	

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 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 Children aged 3-15+	<i>Julie O'Halloran, Millennium Family Resource Centre, Glengoole, Co. Tipperary</i> <i>Tel. (052) 915 7992</i> <i>Email: julie@mfrc.ie</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	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 	

Slieve Ardagh area	Non-Violent Resistance Training One to one work with parents of young people to help parents to deal with Child to Parent violence		Millennium Family Resource Centre Glengoole	Parents / Carers of young people aged 11 upwards	Julie O'Halloran, Millennium FRC (See above for contact details)
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Parenting Talks/Workshops

<u>Area</u>	<u>Subject of presentation & Presenters</u>	<u>When</u>	<u>Venue</u>	<u>Contact</u>
North Tipperary	'September Toolkit: Strategies for Parents to support their child's anxious feelings around the transition to Secondary School or Third-level Education' Joanna Fortune, Psychologist	- Monday, 12 th September 2022 - 7.00 – 8.30 p.m.	On-line Zoom webinar	Silver Arch Family Resource Centre, Nenagh Contact Tel. (067) 31800 for Zoom link information
	'Autism – Let's Figure it out' Gino Lerario, Early Intervention Educator Session 1: Autism – What is it Session 2: Autism – Key issues Session 3: Autism – Strategies Session 4: Social Stories and Play	Start date: Wednesday, 9 th November 2022	On-line Zoom webinar	<u>For further details:</u> Fiona Naughnane, Silver Arch Family Resource Centre, Nenagh. Tel (067) 31800 087 7921883 Email: info@silverarchfrc.ie
South Tipperary	Triple P Parenting Seminars Seminar 1 - Positive Parenting for Healthy Living Seminar 2 - Healthy Eating to Promote Children's Wellbeing Seminar 3 - Physical Activity to Promote Children's Wellbeing	Seminar 1: 22/09 /22 Seminar 2: 29/09 /22 Seminar 3: 06/10 /22 All seminars are at 10 – 11.30 a.m.	Clonmel Library	Anna Henebery Barnardos Family Support Project, Clonmel Tel (086) 060 0589 (052) 617 0665 <u>Email</u> Southtipp.parentshub@barnardos.ie

South Tipperary	<p><i>'Building Your Child's Resilience, Self Esteem and Confidence'</i></p> <p>A talk by Professor John Sharry, Parent Plus Co-founder & Family Psychotherapist</p>	- Thursday, 8 th September 2022, 7.00 – 8.30 p.m.	On-line (Zoom)	<p>For further information and to register, contact: Helen Buckley , Knockanrawley Resource Centre, Tipperary town Tel. (062) 52688 or Martina Wells Casey, Tusla Tel. 087 650 1620</p>
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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>
Co. Tipperary	<p><u>Parent & Toddler Groups:</u></p> <ul style="list-style-type: none"> - Structured groups where parents engage in play and dance with their toddlers - Waiting lists apply in some cases 	<ul style="list-style-type: none"> - Weekly sessions - Ongoing 	In various locations around the county: see web-link below	Parents & Toddlers	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](http://tipperarychildcarecommittee.ie/parent-toddler-groups/) web link at: <http://tipperarychildcarecommittee.ie/parent-toddler-groups/>

North section of Co. Tipperary (Nenagh, Thurles, Newport, Borrisokane, Borrisoleigh, and Ballina)	Parent, Baby and Toddler groups	- Recommencing on week of 12 th September 2022	In the towns named in 1 st column	Mothers and babies, 0 – 10 months.	<p>Brigid Murphy, Community Mothers Programme, Silver Arch Family Resource Centre, Nenagh Tel. (067) 31800 087- 278 0029 Email: info@silverarchfrc.ie</p>
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Tipperary town	Parent, Baby and Toddler group	<ul style="list-style-type: none"> - Re-starting on 15th September 2022 - Thursdays , 10.00 -11.30 a.m. 	Knockanrawley Resource Centre, Tipperary town	Parents and other carers of Babies & Toddlers.	<p><i>Helen Buckley, Parent & Family Support Programme, Knockanrawley Resource Centre. Tipperary town.</i></p> <p><i>Tel. (062) 52688</i></p> <p>helenbuckleykrc@gmail.com</p> <p>knockcdp@gmail.com</p>
Slieveardagh Area	Parent and Toddler Groups – meet up for a chat and a cup of tea – a great way for the babies and toddlers to socialise too.	- Thursday mornings 10.30 to 12.00	Millennium Family Resource Centre Glengoole	Parents/Carers/Grand parents and expectant mothers, babies and toddlers	<p>Julie O'Halloran, Millennium Family Resource Centre</p> <p>Tel. (052) 9157992 julie@mfrc.ie</p>
Clonmel	Clonmel Mother & Baby Group: - To meet other mothers of babies - Information and advice from Community Mothers staff available Breast-feeding practitioner available	<ul style="list-style-type: none"> - Monday, 2.00 – 3.30 p.m. - Weekly 	St. Oliver's Parish Centre, Elm Park, Clonmel	Mother and babies	<p><i>Jill Sandvoss, Clonmel Community Mothers Programme</i></p> <p><i>Tel. 086 835 9912</i></p>
Cahir/ Ardfinnan/ Clonmel	Parent & Toddler Groups	<ul style="list-style-type: none"> - Ardfinnan Community Centre: Wednesdays 10.00 – 11.30 a.m. - Day Care Centre, Cahir: Mondays, 10.00 – 11.30 a.m. - St. Oliver's Parish Centre, Elm Park, Clonmel: Tuesdays 10.00 – 11.30 a.m. - Church of the Resurrection Hall, Wilderness, Clonmel: Thursdays 10.00 – 11.30 a.m. 		Parents and other carers of Toddlers.	<p><i>Maeve McCormack, Clonmel Community Mothers Programme</i></p> <p><i>Tel. 087 196 5594</i></p>

On-line Resources

<u><i>Resource</i></u>	<u><i>Source</i></u>
https://www.tusla.ie/parenting-24-seven/	<i>Túsla</i>
https://www2.hse.ie/my-child/	<i>HSE</i>
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	<i>HSE</i>
https://www.barnardos.ie/resources/parents/parenting-advice	<i>Barnardos</i>
ASD support link: AsIAm and COVID-19 - AsIAm.ie - Ireland's National Autism Charity	<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: https://www.pntipperary.ie/in-this-together-tipperary/	<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'. https://www.tipperarycoco.ie/keepwell	<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 http://www.tipperarychildrenandyoungpeopleservices.ie/	<i>Tipperary Children and Young People's Services Committee (CYPSC)</i>

