

Parenting Supports in Co. Tipperary: January – March 2022



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

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

Covid-19 protocols will dictate what kind of contact can take place so please confirm this with 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	Parenting when Separated (Parents Plus) <u>Group programme:</u> Solving co-parenting problems in a positive way that focuses on the needs of children	- Start date in Q. 1, 2022 - 6 weeks programme <i>Open for referrals now</i>	<i>The programme will be run on-line</i>	Parents who are going through a separation, or have already separated.	<i>Fiona Naughnane, Silver Arch Family Resource Centre, Nenagh Tel. (067) 41924 087 – 7921883</i>

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"> - To start on Tuesday, 1st February 2022 - 8 weeks - Tuesday evenings, 7 – 8.30 p.m. <p><i>Open for referrals now</i></p>	<i>The programme will be run on-line</i>	Parents and carers of children and young people up to 16 years.	Fiona Naughnane, Silver Arch Family Resource Centre, Nenagh Tel. (067) 41924 087 – 7921883
	Strengthening Families Programme: <u>Group programme:</u> <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 	To start towards the end of Q. 1, 2022 <u>provided Covid-19 protocols allow this</u> To consist of 14 weekly sessions from 6pm to 8.30pm. Transport, dinner for participants and childcare on site are provided to support attendance. <i>Open for Referrals now</i>	Venue to be confirmed.	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.	Christine Heffernan, Community Substance Misuse Team Tel. (061) 318904 086- 414 1890 e-mail: cheffernan@csmt.ie

<p>Northern section of Co. Tipperary</p>	<p>TLC Kidz Programme Groupwork programme for children and mothers, meeting in separate groups (<i>2 groups with children, one group for mothers</i>) who have experienced Domestic Violence.</p>	<p>To start on 28th February 2022</p> <p>12 week programme</p> <p><i>Open for Referrals now</i></p>	<p>Venue in North Tipperary, to be decided.</p>	<p>Children aged between 6 -16 years <u>and</u> their mothers from the North of the county.</p>	<p><i>Margaret Carroll Blake, TLC Kidz Coordinator, Barnardos Family Support, The Mall House, Slievenamon Road, Thurles</i> Tel. (0504) 20018 086 047 1042</p> <p><i>E-mail:</i> info@thurles.barnardos.ie</p>
<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>- To start end of January / start of February 2022</p> <p>- 12 week programme</p> <p><i>Open for Referrals now</i></p>	<p>Venue to be decided</p>	<p>Children aged between 5 -16 years, and, <i>in particular those aged 8 – 10 years</i>, and their mothers from the South of the county.</p>	<p><i>Trish Keogh, Barnardos Family Support project, Clonmel.</i> Tel. (052) 6170665 086 035 8532</p> <p><i>E-mail:</i> trish.keogh@barnardos.ie</p>
<p>Tipperary town</p>	<p>Parenting When Separated (<i>Parents Plus</i>) <u>Group programme:</u></p> <p>- solving co-parenting problems and coping with the emotional impact of separation for parents and children.</p>	<p>- To commence in Q. 1, 2022</p> <p>- 6 weeks programme</p> <p><i>Open for referrals now</i></p>	<p>Venue in Tipperary town to be confirmed</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</i> Tel. (062) 52688</p> <p><i>Marian Clarke, Three Drives Family Resource Centre</i> Tel. (062) 80831</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.	- 6 weeks programme - Commencement date subject to level of demand <i>Open for Referrals now</i>	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>
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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>
Northern section of Co. Tipperary	Partnership with Families project: Advocacy service for parents of children in the care of Túsla - To support parents to engage with Túsla and other relevant services - To support parents to have continued involvement with their children in care	<u>Availability by phone:</u> Monday to Friday, 10.00 a.m. – 4.00 p.m.	Home Visits and by phone	Parents of children in the care of Túsla in the North of the county.	<i>Eileen Healy, Advocacy Worker, Silver Arch Family Resource Centre, Nenagh</i> <i>Tel.(067) 31800 087 134 0356</i>
	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.	Monday – Friday, 9.00 a.m. – 5.00 p.m.	<i>Type of contact is dependent on Covid-19 restrictions</i>	Traveller families in the North of the county	<i>Traveller Programme Coordinator, North Tipperary Development Company, Main Street, Roscrea. Tel. (0505) 24166</i>

<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> <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 & Baby Groups 	<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,</i></p> <p><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>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</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</i> <i>087 7921883</i></p>
<p>Roscrea</p>	<p>Mindful Parenting Support Group</p> <ul style="list-style-type: none"> - Offers “me time”, a confidential space, parent led, where parents support each other with parenting issues in a non-judgemental environment - Introducing Mindfulness - A place for parents to take a pause from their busy everyday lives 	<ul style="list-style-type: none"> - Recommencing February 2022 - Every Friday, 11.30am–12.45pm 	<p>Roscrea Youth Service, Rosemary St., Roscrea E53 C859</p> <p><i>Dependent on Covid-19 restrictions</i></p>	<p>Parents living in the Roscrea Community</p>	<p><i>Mary Grace Family Support Worker Roscrea Youth Family Support Service North Tipperary Development Company</i></p> <p><i>Tel: (0505) 24462</i> <i>087 952 9041</i></p> <p><i>E-Mail: mgrace@ntdc.ie</i></p>

Roscrea	RYS Family Support service: <ul style="list-style-type: none"> • One-to-one support • Support on issues affecting parenting • Delivery of parenting programmes • Sign-posting parents to other RYS services as required, including youth counselling, LGBT youth support, the youth project and RAY Garda Youth Diversion Project. 	<ul style="list-style-type: none"> - By appointment - Self-referral - Referral by professionals (<i>voluntary & statutory</i>), incl. schools, Túsla, etc. 	Roscrea Youth Service, Rosemary Street, Roscrea, E53 C859 <i>Type of contact is dependent on Covid-19 restrictions</i>	Parents from Roscrea area	<i>Mary Grace, Family Support Worker Roscrea Youth Family Support Service Rosemary Street, North Tipperary Development Company, Roscrea</i> <i>Tel. (0505) 24462 087 952 9041</i> <i>E-Mail: mgrace@ntdc.ie</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. <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 <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 <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	<i>Barnardos Centre, Slievenamon Road, Thurles</i> <i>Tel. (0504) 20018</i>
Templemore	Parenting Support <ul style="list-style-type: none"> • Advice, advocacy and information on Parenting issues • Support (<i>one to one and groups</i>) 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"> - Monday to Friday, 9.00 – 4.30 p.m. 	More Family Support Project, Bank Street, Templemore <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	<i>Mary Geoghegan, More Family Support Project, Youth Work Ireland Tipperary Templemore</i> <i>Tel. (0504) 56641 087-2642203</i>
	Group activities <ul style="list-style-type: none"> - Active Retirement Yoga - Women’s Art & Craft Group - Men’s Group - Yoga and Mindfulness Groups - Parenting Programmes & Speakers 	<ul style="list-style-type: none"> - To be organised in 2022 - Dependent on numbers registering 	Various venues in Templemore	Adults in Templemore town and environs	<i>Mary Geoghegan, More Family Support Project, Youth Work Ireland Tipperary Templemore</i> <i>Tel. (0504) 56641 087-2642203</i>

Templemore	Parenting Support <ul style="list-style-type: none"> • Family Support • Advice and information on wider issues affecting parenting • Practical support 	<ul style="list-style-type: none"> - 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	Sharon Dunne, Social Worker Templemore Community Social Services Bank Street, Templemore Tel. (0504) 31244 083 160 6832 socialworktss@gmail.com
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 	<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	Bernie Loughman, St. Catherine's Community Services, Carlow Tel.085 1101511 (059) 9138700
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 - Parent & Toddler Groups (email for further information) 	<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.	Jill Sandvoss, Clonmel Community Mothers Programme Tel. 086-8359912 Email: ccpspl@gmail.com Web-site: 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, Elm Park, Clonmel	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>Carrick-on-Siúir Neighbourhood Youth & Family Project (Foróige) 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>Carrick-on-Siúir Neighbourhood Youth & Family Project (Foróige) Carrick-on-Siúir</i></p> <p><i>Siobhán Clifford: 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 Spafield Family Resource Centre, Cashel</i></p> <p><i>Tel. (062) 63622 fhayes@spafieldfrc.ie</i></p>
	<p>Parenting Support</p> <ul style="list-style-type: none"> • Information and Advice on Parenting Issues. • One to One Support for Young People (10-24 years) and Parents. • Signposting and Referrals to Relevant Services. 	<ul style="list-style-type: none"> • Monday – Friday • Drop-In or by appointment 	<p>Cashel Neighbourhood Youth & Family Project, Hogan Sq. Cashel, Co. Tipperary, E25 YK09.</p>	<p>Families and parents of children aged 10-18 years in the Cashel and surrounding area</p>	<p><i>Shauna Gleeson, Youth & Family Support Worker, Youth Work Ireland Tipperary, Hogan Square, Cashel</i></p> <p><i>Tel. 087 772 6888 shauna.gleeson@youthworktipperary.ie</i></p>
Tipperary town	<p>Parenting Support (Parents Plus)</p> <ul style="list-style-type: none"> • One-to-one support on parenting and family issues 	<ul style="list-style-type: none"> - Monday - Friday - By appointment 	<p>Three Drives FRC, Grenane Drive Tipperary town</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>Non-Violent Resistance programme:</p> <ul style="list-style-type: none"> - To help parents to deal with Child to Parent violence 	<ul style="list-style-type: none"> - Monday - Friday - By appointment <p><i>Referrals from parents, schools, etc.</i></p>	<p><i>Type of contact is dependent on Covid-19 restrictions level</i></p>	<p>Parents 10 - 18 years</p>	<p><i>Tel. (062) 80831</i></p>

Tipperary town	Art Therapy & Play Therapy for children <ul style="list-style-type: none"> For children with issues around anxiety, bullying, anger management, withdrawing behavior, etc. 	<ul style="list-style-type: none"> - During working hours <p><i>Referrals from parents, schools, etc.</i></p> <p>Sliding scale charges apply</p>	Three Drives FRC, Grenane Drive Tipperary town	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 Children with Anxiety	<ul style="list-style-type: none"> - 6 weeks programme - 2nd March - 6th April 2022 - Wednesdays, 10 – 12 p.m. 		Parents of children with anxiety	
	Parenting Support (<i>Positive Parenting for Changing Families programme</i>) <ul style="list-style-type: none"> One-to-One, Couples & Groups 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	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 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"> - Wednesday, 10 – 11.30 a.m. - Ongoing weekly sessions 	Knockanrawley Resource Centre, Tipperary town	Parents in Tipperary towns and environs	

Tipperary town	Young Parents - Drop In Support	- Last Tuesday of each month - 11 – 12.30 p.m. <i>Open for referrals now</i>	Knockanrawley Resource Centre, Tipperary town	Young parents, aged 16 – 24 years in Tipperary 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
	Rainbows Group programme A programme with a peer support element for children experiencing parental separation and/or bereavement.	- Commencement date to be confirmed - 10 weeks <i>Open for referrals now</i>	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> - One-to-one - Parenting Support and Advice - A Listening Ear	• By appointment	Millennium Family Resource Centre, Glengoole	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.	• By appointment		Parents of children, aged 11 - 16 years, from Slieve Ardagh area	
	Non-Violent Resistance programme: One to one work with parents of young people.	• By appointment	Millennium Family Resource Centre Glengoole	Parents / Carers of young people aged 11 upwards	

Slieve Ardagh area <i>(including Glengoole, Killenaule, Ballingarry, & Mullinahone)</i>	Incredible Years Home Coaching Programme: One-to-one parenting programme with a focus on: <ul style="list-style-type: none"> - Strengthening children's Social Skills, Emotional Regulation and School Readiness Skills. - Using Praise and Incentives to Encourage Co-operative Behaviour - Positive Discipline – Rules Routines & Effective Limit Setting, Handling Misbehaviour. 	<ul style="list-style-type: none"> • 10 week programme • By referral from professionals 	Millennium Family Resource Centre, Glengoole <u>or</u> in the home.	Parents of children, aged 3 – 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"> - As required - Referrals from professionals and self-referral from parents <p><i>Sliding scale charge applies</i></p>		Children, aged 4 – 14 years	
	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 <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	Parents of Children aged 3 -15 years+	<i>Julie O'Halloran, Millennium Family Resource Centre, Glengoole</i> <i>Tel. (052) 915 7992</i>
	Baby Massage – for babies from birth to 1 year – baby massage is a way of bonding with your baby and to help with baby's digestive issues.	<ul style="list-style-type: none"> - To commence in February 2022 – dates to be confirmed - 5 week programme 	Millennium Family Resource Centre Glengoole	Parents of babies	

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	<u>Parent & Toddler Groups:</u> <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	<i>For full list of Parent & Toddler Groups in the County, follow web-link below</i>

<p>For full list of Parent & Toddler Groups in the County, please go to <u>Tipperary County Childcare Committee web link at:</u> http://tipperarychildcarecommittee.ie/parent-toddler-groups/</p> <p><i>Please note that due to Covid-19, there is no certainty about whether any individual Parent & Toddler Group will be running, so do phone the contact number to be sure</i></p>					
<p>North of Co. Tipperary</p>	<p>Mother & Baby Groups</p>	<p>- In Q. 1, 2022</p> <p>Booking essential</p>	<p>At locations in Newport, Ballina, Thurles, Nenagh, Borrisokane & Borrisoleigh</p>	<p>Mothers and babies, 0 – 10 months.</p>	<p><i>Brigid Murphy, Community Mothers Programme,</i></p> <p><i>Silver Arch Family Resource Centre, Nenagh</i></p> <p><i>Tel. (067) 31800</i> <i>087- 278 0029</i></p> <p><i>Email: info@silverarchfrc.ie</i></p>
<p>Tipperary town</p>	<p>Parent, Baby and Toddler groups</p>	<p>- Thursdays 10.30 -12 pm and 12.30 - 2pm.</p>	<p>Knockanrawley Resource Centre, Tipperary town</p>	<p>Parents and other carers of Babies & Toddlers.</p>	<p><i>Helen Buckley, Parent & Family Support Programme, Knockanrawley Resource Centre.</i></p> <p><i>Knockanrawley, Tipperary town.</i></p> <p><i>Tel. (062) 52688</i></p> <p>helenbuckleykrc@gmail.com knockcdp@gmail.com</p>
<p>Slieve Ardagh Area</p>	<p>Parents/Carers/Grandparents and bumps, babies and toddlers – meet up for a chat and a cup of tea – a great way for the babies and toddlers to socialise too.</p>	<p>- Thursdays 10.30 - 12.00 p.m.</p>	<p>Millennium Family Resource Centre, Glengoole</p>	<p>Parents, expectant parents, grandparents and other carers</p>	<p><i>Julie O'Halloran, Millennium Family Resource Centre, Glengoole</i></p> <p><i>Tel. (052) 915 7992</i></p>

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	<p><i>'Healthy Weaning'</i> workshops (8 workshops): Information sessions on the benefits of Healthy Weaning including the following:</p> <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 <p><i>Target Group: Parents of babies, aged 4 – 6 months</i></p>	<ul style="list-style-type: none"> • Dates to be confirmed in Q. 1, 2022 • Friday mornings 	<ul style="list-style-type: none"> - Workshops will be in Newport & Borrisokane - Venues to be confirmed 	<p><i>For further details:</i></p> <p><i>Brigid Murphy, Community Mothers Programme, Silver Arch Family Resource Centre, Nenagh</i></p> <p><i>Tel (067) 41922 087 278 0029</i></p> <p><i>Email: info@silverarchfrc.ie</i></p>
North of Co. Tipperary	<p><i>'ASD and Education'</i> Gino Lerario, Early Intervention Educator</p>	<ul style="list-style-type: none"> • Date to be confirmed in Q. 1, 2022 	<ul style="list-style-type: none"> - Webinar 	<p><i>For further details:</i></p> <p><i>Fiona Naughnane, Silver Arch Family Resource Centre, Nenagh.</i></p> <p><i>Tel (067) 31800 087 7921883</i></p> <p><i>Email: info@silverarchfrc.ie</i></p>
Roscrea	<p><i>'Anxiety & School Refusal'</i> Dr Mary O'Kane, Psychologist Author of <i>'Perfectly Imperfect Parenting: Connection Not Perfection'</i></p>	<ul style="list-style-type: none"> - Thursday March 31st 2022 - 7.30pm – 10.30pm <p>To be confirmed</p> <p><i>Dependent on COVID – 19 Guidelines & Restrictions</i></p>	<p>Lions Club, Roscrea Community Hall, Rosemary Street Roscrea</p>	<p><i>For further details:</i></p> <p><i>Mary Grace Family Support Worker North Tipperary Development Company</i></p> <p><i>Tel: (0505) 24462 / 087 952 9041</i></p> <p><i>E-Mail: mgrace@ntdc.ie</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.ppntipperary.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>

