

Parenting Supports in Co. Tipperary: January - March 2023



WELCOME TO THE TIPPERARY CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEE PARENTING SUPPORT CALENDAR, JANUARY - MARCH 2023. 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

<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 Open for referrals now	Dates to be confirmed in 2023 12-week programme	Nenagh and Roscrea	Children aged between 6 -18 years and their mothers from the North of the county.	Barnardos Family Support project, Slievenamon Road, Thurles Tel. (0504) 20018 E-mail: info.thurles@barnardos.ie

Northern section of Co. Tipperary	Circle of Security Parenting: Group programme: 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"> - Two programmes will commence in Q. 1, 2023 - Start dates in Q. 1, 2023 to be confirmed - 8 weeks <u>each</u> 	Two programmes: <ul style="list-style-type: none"> - One on-line - One in person 	Parents and carers of children and young people	<i>Fiona Naughnane, Silver Arch Family Resource Centre Nenagh.</i> <i>Tel (067) 31800 087 792 1883</i>
	Parenting When Separated (<i>Parents Plus</i>) <ul style="list-style-type: none"> • Solving co-parenting problems in a positive way that focuses on the needs of children. • Cope with the emotional impact of separation and learn stress management techniques. • Help your children to cope with the impact of the separation both emotionally and practically. • To enhance communication with your children and with your children's other parent 	<ul style="list-style-type: none"> - To commence in February 2023. Specific dates to be confirmed. 	On-line	Parents who are going through or have gone through a separation or divorce.	<i>Amy Spillane, Silver Arch Family Resource Centre, Nenagh.</i> <i>Tel (067) 31800 083 099 9245</i>

<p>Nenagh</p>	<p>Tuning into My Baby and Me (<i>Infant Mental Health</i>) - Group for women directly after birth of their children:</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>N.B. This is the 2nd phase of the programme of the same name that ran in Q. 4, 2022.</i></p>	<ul style="list-style-type: none"> - Commencing in January/February 2023 10-11.30 a.m. - 5 week programme 	<p>Nenagh Arts Centre, Nenagh</p>	<p>Mothers living in the Nenagh catchment area, with young babies.</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 in Q. 1. 2023</p> <p><i>(Contact Kate <u>or</u> Caitlin for dates and other details)</i></p>	<p>Roscrea Youth and 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>

<p>Roscrea</p>	<p>Circle of Security Parenting: <u>Group programme:</u> This unique programme is based on decades of research on how parent-child relationships can be supported and strengthened. Our trained facilitators will help parents who participate in this programme to:</p> <ul style="list-style-type: none"> - Understand their child's emotional world by learning to read emotional needs - Support their child's ability to successfully manage emotions - Enhance the development of their child's self-esteem - Help their child to feel secure 	<p>To start towards end of January/beginning of February 2023</p>	<p>Roscrea Youth and Family Support service, Rosemary Street, Roscrea E53 C859</p>	<p>Parents and carers of children and young people up to 16 years</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>Southern section of Co. Tipperary</p>	<p>TLC Kidz Programme Groupwork programme for children and mothers, meeting in <u>separate</u> groups, who have experienced Domestic Violence.</p> <p><i>Open for referrals now</i></p>	<ul style="list-style-type: none"> - Dates to be confirmed for 2023 - 12 week programme 	<p>Venue to be decided</p>	<p>Children aged between 5 - 18 years <u>and</u> their mothers from the South of the county.</p>	<p><i>Trish Keogh,</i> <i>Barnardos Family Support project, Clonmel.</i></p> <p><i>Tel. (052) 6170665</i> <i>086 035 8532</i> <i>Email: trish.keogh@barnardos.ie</i></p>
<p>Tipperary town</p>	<p>Triple P Group programme</p> <p>Broad-based parenting course for parents who are interested in learning a variety of parenting skills.</p>	<ul style="list-style-type: none"> - Start date: Tuesday 14th February 2023 - 10.30 – 12.30 p.m. - 8 week programme 	<p>Knockanrawley Resource Centre, Knockanrawley, Tipperary town</p>	<p>Parents of children up to 12 years old</p>	<p><i>Helen Buckley,</i> <i>Knockanrawley Resource Centre</i> <i>Tel. (062) 52688</i> <i>Email: helenbuckleykrc@gmail.com</i></p>

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: Monday, 30th January 2023, 9.30 -11.30 a.m. - 8 week programme: 4 (2 hours) group sessions and 4 phone consultations (15-30 mins). 	St. Oliver's Primary School, Elm Park, 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>
	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: Tuesday, 7th March 2023, Times to be confirmed. - 8 week programme: 4 (2 hours) group sessions and 4 phone consultations (15-30 mins). 	Presentation Primary School, Clonmel	Parents of children up to 12 years old	<p><i>Email</i> Southtipp.parentshub@barnardos.ie</p>
	Parenting When Separated (<i>Parents Plus</i>) <ul style="list-style-type: none"> - Solving co-parenting problems in a positive way that focuses on the needs of children. - Coping with the emotional impact of separation and learn stress management techniques. - Helping your children to cope with the impact of the separation both emotionally and practically. - To enhance communication with your children and with your children's other parent. 	<ul style="list-style-type: none"> - Wednesday, 18th January 2023, 10.00 – 12.00 - 6 week group programme. Each session lasts for 2 hours. 	Barnardos Family Support Project, 140 Elm Park, Clonmel	Parents going through <u>or</u> who have gone through a separation or divorce. Parents can attend whether their children are living with them or the other parent. There is an individual introductory meeting with all parents prior to the start of the programme.	<p><i>Barnardos Family Support Project, Clonmel</i></p> <p><i>Tel. (052) 617 0665</i></p> <p><i>Email:</i> info@clonmel.barnardos.ie</p>

Cashel	Parenting Support (<i>Parents Plus Children, Adolescent, Parenting when Separated, and Special Needs programme</i>) <ul style="list-style-type: none"> Group programmes 	<ul style="list-style-type: none"> To run in Q. 1, 2023, pending sufficient numbers 	Spafield Family Resource Centre, Old Road, Cashel	Parents of children, 2– 16 years from Cashel area	Fiona Hayes <i>Spafield Family Resource Centre, Cashel</i> <i>Tel. (062) 63622</i> <i>Email fhayes@spafieldfrc.ie</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 <ul style="list-style-type: none"> To support parents to engage with Túsla and other relevant services To support parents to have continued involvement with their children in care 	<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 Túsla in the North of the county.	Eileen Healy, <i>Advocacy Worker,</i> <i>Silver Arch Family Resource Centre,</i> <i>Nenagh</i> <i>Tel.(067) 31800</i>
Northern section of Co. Tipperary (Nenagh, Newport, Borrisokane, Borrisoleigh, Ballina, and Thurles)	Community Mothers Programme (Nenagh/Thurles): 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 & 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 	Families living in the areas listed with children from birth to pre-school age.	Brigid Murphy, Community Mothers Programme, <i>Silver Arch Family Resource Centre, Nenagh</i> <i>Tel. (067) 31800</i> <i>087- 278 0029</i> <i>Email: info@silverarchfrc.ie</i>

Northern section of Co. Tipperary	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.	Home Visits and Office visits	Traveller families in the North of the county	<i>Traveller Programme Coordinator, North Tipperary Development Company, Main Street, Roscrea.</i> <i>Tel. (0505) 24166</i>
Nenagh and surrounding area	North Tipperary Parents Support Project: Providing support for parents with everyday life events including: <ul style="list-style-type: none"> - Parenting stress - Parental styles - Parenting through Separation - Peer group pressure - Childhood Stress and Anxiety - Social Media concerns Support is provided in one-to-one sessions, group parenting courses, themed parenting talks, workshops and seminars.	Monday – Friday, 9.00 a.m. – 5.00 p.m.	Silver Arch Family Resource Centre, 52 Silver Street, Nenagh	Parents from Nenagh, Borrisokane, Newport, Toomevara and surrounding areas	<i>Fiona Naughnane, Silver Arch Family Resource Centre Nenagh.</i> <i>Tel (067) 31800 087 7921883</i>
Nenagh	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 with children from birth to pre-school age.	<i>Brigid Murphy, Community Mothers Programme, Silver Arch Family Resource Centre, Nenagh</i> <i>Tel. (067) 31800 087- 278 0029</i> <i>Email: info@silverarchfrc.ie</i>

Roscrea	Roscrea Youth Service (RYS) Family Support service: <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 	Mon – Thurs., 9 – 5.30 p.m. Friday, 9 – 5.00 p.m.	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</i> <i>Tel. (0505) 24462</i> <i>Kate Flynn,</i> <i>Tel. 087-952 9041</i> <i>Caitlin Moyne,</i> <i>Tel. 087-709 1195</i>
	Parent Peer Support Group: Supportive space for parents to share experiences of parenting	- To run monthly	Roscrea Youth Service, Rosemary Street, Roscrea, E53 C859	Parents of children of any age.	
Templemore	Parenting Support <ul style="list-style-type: none"> • Family Support • Advice and information on wider issues affecting parenting • Practical support 	- Mon. – Thurs. 10 – 5 p.m. - Drop In & by Appointment	Templemore Community Social Services Bank Street, Templemore <i>(yellow door)</i>	Parents of children aged 0-17 years in Templemore and environs	<i>Sharon Dunne,</i> <i>Social Worker</i> <i>Templemore Community Social Services</i> <i>Bank Street, Templemore</i> <i>Tel. (0504) 31244</i> <i>083 160 6832</i> <i>Email:</i> socialworktss@gmail.com

Templemore	Group activities/Parenting Support	<ul style="list-style-type: none"> • Various days and times. Contact Sara for more details • Dependent on numbers registering 	MORE Family Support Project, Bank Street, Templemore	Adults and children 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>Sara Leahy, Tel. 083 100 4141</i></p>
	Parenting Support	<ul style="list-style-type: none"> • Women's Activity Group • Men's Group • Activity Group for Ukrainian community • 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. 	- Tuesday to Friday, 9.30 – 5.00 p.m.		Families and Parents of children, aged 0 – 18 years, from Templemore and environs

Thurles area	Parent and Family Support: <ul style="list-style-type: none"> - Support to parents and children - Tailored around specific needs - Includes structured parenting programme, parent-child work and work with children <p>Available on a one-to-one basis for parents</p>	<ul style="list-style-type: none"> - During working hours 	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> <i>E-mail:</i> info.thurles@barnardos.ie
	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	
	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 		Parents of children, aged 0 – 18 months, in Thurles Primary Care catchment area	

<p>Thurles</p>	<p>Community Mothers Programme</p> <p>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>Families 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>Southern section of Co. Tipperary</p>	<p>South Tipperary Parent Hub</p> <p>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 31st January; 28th February; and 28th March 2023 - <u>Clonmel Community Resource Centre:</u> Wednesday, 9.30 a.m. – 12.30 p.m. on 1st February; and 1st March 2023 - <u>Spafield Family Resource Centre (FRC), Cashel:</u> Monday, 9.30 a.m. – 12.30 p.m. on 9th January; 6th February; and 6th March 2023 		<p>Parents in South Tipperary</p>	<ul style="list-style-type: none"> - <i>Text or Whatsapp: 087-124 1231</i> - <i>Facebook link: https://www.facebook.com/southtipperaryparenthub (South Tipperary Parent Hub FB)</i> - <i>Email: southtipp.parentshub@barnardos.ie</i>

<p>Southern section of Co. Tipperary</p>	<p>South Tipperary Parent Hub (cont.) 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 (cont.):</u></p> <ul style="list-style-type: none"> - <u>Barnardos Family Support Project, Clonmel:</u> Wednesday, 9.30 a.m. – 12.30 p.m. on 11th January; 8th February; and 8th March 2023 - <u>Three Drives FRC, Tipperary town:</u> Tuesday, 9.30 a.m. – 12.30 p.m. on 17th January; 14th February; and 14th March 2023 - <u>Clonmel Community Mothers Program:</u> Wednesday, 9.30 a.m. – 12.30 p.m. on 18th January; 15th February; and 15th March 2023 - <u>Foróige Neighbourhood Youth and Family Project, Carrick-on-Siúir:</u> Tuesday, 9.30 a.m. – 12.30 p.m. on 10th January; 7th February; and 7th March 2023 - <u>Cashel Neighbourhood Youth & Family Project:</u> Tuesday, 9.30 a.m. – 12.30 p.m. on 24th January; 21st February; and 21st March 2023 - <u>Millennium FRC, Glengoole:</u> Wednesday, 9.30 a.m. – 12.30 p.m. on 25th January; 22nd February; and 22nd March 2023 	<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 <i>(South Tipperary Parent Hub FB)</i> - <i>Email:</i> southtipp.parentshub@barnardos.ie
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Southern section of Co. Tipperary	Teen Parent Support Programme (<i>Positive Parenting for Changing Families programme</i>) - One-to-One - Outreach service	<ul style="list-style-type: none"> As required 	In the home <u>or</u> at venue of choice	Teen parents aged 19 years and under in the South of Co. Tipperary	<i>Bernie Loughman, St. Catherine's Community Services, Carlow Tel.085 110 1511 (059) 913 8700</i>
Clonmel / Cahir/Cashel/ Carrick-on-Siúir/ Fethard and environs	Clonmel Community Mothers Programme 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"> During working hours 	- 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</i> <i>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 One-to-one programme: (<i>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,</i> <i>Family Support Worker,</i> <i>Clonmel Community</i> <i>Resource Centre,</i> <i>Kickham Street,</i> <i>Clonmel</i> <i>Tel. (052) 612 9143</i> <i>089 612 7451</i> <i>Email: dara@clonmelcrc.ie</i>
	Non-Violent Resistance programme: To support parents to deal with Child to Parent violence				
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	<ul style="list-style-type: none"> - Home Visits - Office visits 	Expectant student mothers or student mothers in second level education in Carrick area.	<i>Una Conroy,</i> <i>Barnardos,</i> <i>130 Clonard Park, Ballybeg,</i> <i>Waterford</i> <i>Tel. (051) 844140</i> <i>Email:</i> <i>una.conroy@barnardos.ie</i>
	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 	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,</i> <i>Carrick-on-Siúir</i> <i>Siobhán Clifford:</i> <i>Tel. 086 833 1886</i>
	Common Sense Parenting (<i>Boys Town Parenting programme</i>): <u>One-to-one</u> To help parents to: <ul style="list-style-type: none"> - Build Family Relationships - Deal with Problem Behaviour - Teach Social Skills - Promote Self Control 	<ul style="list-style-type: none"> • As required 		Parents of children, aged 6 – 16 years	

Cashel	Parenting Support (<i>Parents Plus Children, Adolescent, Parenting when Separated, and Special Needs programme</i>) <ul style="list-style-type: none"> • One-to-One • Advice on Parenting • Listening & Referral service 	<ul style="list-style-type: none"> • Monday - Friday • Drop-In or by Appointment 	Spafield Family Resource Centre, 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>Email: fhayes@spafieldfrc.ie</i>
	Community based project in Cashel offering: <ul style="list-style-type: none"> • One to One Support for parents • Advice and Information • Peer Support Group for parents under 25 years 	<ul style="list-style-type: none"> • During Working Hours • Drop in or by Appointment 	Cashel Neighbourhood Youth and Family Project, Hogan Square, Cashel. Co. Tipperary	Parents of young people 10 – 24 years of age in Cashel Parents aged under 25 years	<i>Cashel Neighbourhood Youth and Family Project, Youth Work Ireland Tipperary Cashel</i> <i>Amanda Farrell</i> <i>Tel. 087 772 6888</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 - Referrals from parents, schools, etc. <p>Sliding scale charges apply</p>	

Tipperary town	Parenting Support (<i>Parents Plus</i> and <i>Triple P</i> programmes) <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	Parents of children, 0 – 17 years, from Tipperary town and environs	<p><i>Helen Buckley, Parent & Family Support Programme, Knockanrawley Resource Centre, Knockanrawley, Tipperary town.</i></p> <p><i>Tel. (062) 52688</i></p> <p>helenbuckleykrc@gmail.com knockcdp@gmail.com</p>
	Parents Club A peer group that allows members to identify and have <u>facilitated</u> group supports that are beneficial to them, e.g., Stress Management, Healthy Eating for Living, Parental Self-care.	<ul style="list-style-type: none"> - On Wednesdays, 10 – 11.30 a.m. - Ongoing weekly sessions 	Knockanrawley Resource Centre, Tipperary town	Parents in Tipperary towns and environs	
	Rainbows Group programme A programme with a peer support element for children experiencing parental separation and/or bereavement.	<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><i>Tel. (052) 915 7992</i></p> <p><i>Email: julie@mfrc.ie</i></p>

Slieve Ardagh area <i>(including Glengoole, Killenaule, Ballingarry, & Mullinahone)</i>	Parents Plus Adolescents Programme One-to-one parenting support including family sessions as required.	<ul style="list-style-type: none"> • By appointment 	Millennium Family Resource Centre, Glengoole	Parents of children, aged 11 - 16 years, from Slieveardagh / Glengoole/ Killenaule/ Mullinahone/ Ballingarry	<i>Julie O'Halloran, Millennium Family Resource Centre, Glengoole, Co. Tipperary</i> <i>Tel. (052) 915 7992</i> <i>Email: julie@mfrc.ie</i>
	Non-Violent Resistance Training One to one work with parents of young people to help parents to deal with Child to Parent violence	<ul style="list-style-type: none"> • By appointment 	Millennium Family Resource Centre Glengoole	Parents / Carers of young people aged 11 upwards	
	Play Therapy service for children 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. 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.	<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	

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 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	<i>Julie O’Halloran, Millennium Family Resource Centre, Glengoole, Co. Tipperary</i> <i>Tel. (052) 915 7992</i> <i>Email: julie@mfrfc.ie</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 appointment	Millennium Family Resource Centre Glengoole	Parents of Children aged 3-15+ By Referral – this programme is aimed at parents who experience attachment issues with their child / children.	

<p>Slieve Ardagh area (including Glengoole, Killenaule, Ballingarry, & Mullinahone)</p>	<p>Baby Bonding</p> <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 	<p>Millennium Family Resource Centre Glengoole</p>	<p>Parents of young children at each of following stages:</p> <ul style="list-style-type: none"> - Bumps (28 + weeks pregnancy) to Crawling - Crawling to Toddling - Toddlers 	<p>Julie O'Halloran, Millennium Family Resource Centre, Glengoole, Co. Tipperary</p> <p>Tel. (052) 915 7992</p> <p>Email: julie@mfrc.ie</p>
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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>
<p>North Tipperary</p>	<p>'Autism – Let's Figure it out' Gino Lerario, Early Intervention Educator</p> <p>Session 1: Autism – What is it</p> <p>Session 2: Autism – Key issues</p> <p>Session 3: Autism – Strategies</p> <p>Session 4: Social Stories and Play</p>	<p>Dates in Q. 1, 2023 to be confirmed</p>	<p>On-line Zoom webinar</p>	<p><u>For further details:</u></p> <p>Fiona Naughnane, Silver Arch Family Resource Centre, Nenagh.</p> <p>Tel (067) 31800 087 792 1883</p> <p>Email: info@silverarchfrc.ie</p>

Clonmel	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 <i>Open to all parents of children between the ages of 2-12 years. Attendees will get a Triple P tip sheet on the topic to take away.</i>	Seminar 1: 09/01 /23, <u>also</u> on 28/02/23 Seminar 2: 16/01 /23 Seminar 3: 23/01/23 All seminars are at <u>1.15 – 2.45 p.m.</u> (90 mins.)	St. Oliver's Primary School, Elm Park, Clonmel	Anna Henebery Barnardos Family Support Project, Elm Park, Clonmel Tel (086) 060 0589 (052) 617 0665 <i>Email</i> Southtipp.parentshub@barnardos.ie
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Parent & Toddler Groups / Mother & Baby Groups

<i>Area</i>	<i>Details of services</i>	<i>When</i>	<i>Venue</i>	<i>Target Group</i>	<i>Contact Details</i>
Co. Tipperary	<u>Parent & Toddler Groups:</u> - Structured groups where parents engage in play and dance with their toddlers - Waiting lists apply in some cases	- 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>
<i>For full list of Parent & Toddler Groups in the County, please go to Tipperary County Childcare Committee web link at: http://tipperarychildcarecommittee.ie/parent-toddler-groups/</i>					
Northern section of Co. Tipperary (Nenagh, Thurles, Newport, Borrisokane, Borrisoleigh, and Ballina)	Parent, Baby and Toddler groups	- Recommencing on week of 9 th January 2023	In the towns named in 1 st column	Mothers and babies, 0 – 10 months.	Brigid Murphy, Community Mothers Programme, Silver Arch Family Resource Centre, Nenagh Tel. (067) 31800 087- 278 0029 Email: info@silverarchfrc.ie

Tipperary town	Parent, Baby and Toddler group	<ul style="list-style-type: none"> - Re-starting on 12th January 2023 - 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. Tel. (062) 52688</i></p> <p>helenbuckleykrc@gmail.com 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.	<ul style="list-style-type: none"> - Thursday mornings 10.30 to 12.00 	Millennium Family Resource Centre Glengoole	Parents/Carers/Grand parents and expectant mothers, babies and toddlers	<p><i>Julie O'Halloran, Millennium Family Resource Centre</i></p> <p><i>Tel. (052) 915 7992</i> julie@mfrc.ie</p>
Clonmel	Clonmel Mother & Baby Group: <ul style="list-style-type: none"> - 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 <i>(Contact Maeve to confirm re-opening dates)</i>	<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>

