

**Parenting Supports in Co. Tipperary: January - March 2018**

***WELCOME TO THE TIPPERARY CHILDREN & YOUNG PEOPLE’S SERVICES COMMITTEE PARENTING SUPPORT CALENDAR, Q. 1, 2018. THE INFORMATION BELOW IS ORGANIZED UNDER 4 SECTIONS, AS FOLLOWS***:

* Parenting Group Programmes
* Parenting Supports
* Parent & Toddler Groups / Mother & Baby Groups
* Parenting Talks

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| ***Parenting (Group) Programmes*** |
| ***Area***  | ***Details of programme*** | ***Date of***  ***Commencement***  ***Duration***  | ***Venue*** | ***Target Group*** | ***Contact*** ***Details*** |
| **Nenagh** | **Incredible Years Parenting Programme**Group programme:* Strengthens parent-child interactions & attachment
* Fosters parents’ ability to promote children’s social, emotional and language development
* Parents learn how to build their children’s school readiness skills
 | * To start: January 18th 2018
* Thursday mornings
* 14 weeks
 | North Tipperary Community Services, Silver Street, Nenagh | Parents of children, aged 2 – 7 years from Nenagh and environs | *Patricia Woulfe-Keady,**North Tipperary Community Services**Tel. (067) 31800* |
| **Nenagh** | **Co-Parenting course – Parenting through Separation** | * To start: January 26th 2018
 |  | Separated parents with children | *North Tipperary Community Services**Tel. (067) 31800*  |
| **Newport** | **Early Years Parenting programme** | * To start: February 2018
 | Venue in Newport | Parents of children of pre-school age  | *North Tipperary Community Services**Tel. (067) 31800* |
| **Thurles** | **Parents Plus ‘Parenting when Separated’:** Group programme: - Solving co-parenting problems in a positive way that focuses  on the needs of children | * To start: Q. 1, 2018
 | Barnardos Centre,The Mall, Slievenamon Rd.,Thurles | Separated parents with children | *Barnardos Centre,**Thurles**Tel. (0504) 20018* |
| **Slieve Ardagh** | **Incredible Years School Age Programme:**Group programme:* - Building a stronger relationship
* with your child

- Promoting Self Esteem - Helping your child make friends  and improve communication - Use praise and rewards to  encourage your child and to  teach new behaviours - Improving communication within  the family | To start in Q.1, 2018, depending on numbers | Glengoole | Parents of children, aged 6 – 12 years from Slieve Ardagh area | *Julie O’Halloran,**Millennium Family Resource Centre, Glengoole**Tel. (052) 9157992* |
| **Cashel** | **Parents Plus ‘Children’s Programme’ *(Parents Plus)*:**Group programme: - 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.   | * To start: Q. 1, 2018 depending on numbers
* 8 weeks: 2 hrs. per session
 | Spafield Family Resource Centre, Cashel | Parents of children 6-11 years, Cashel area | *Deirdre O'Connor**& Fiona Ryan**Spafield Family Resource Centre**Old Road, Cashel**Co. Tipperary**Tel. (062) 63622* |
| **Parents Plus ‘Adolescent programme’:**Group programme:* Handling conflict
* Problem-solving
* Building Positive Relationships
 | * To start: Q. 1, 2018 depending on numbers
* 2-hour weekly sessions - evenings
* 6 weeks
 | Spafield Family Resource Centre, Cashel | Parents of children, aged 11 – 16 years from Cashel | *Deirdre O'Connor,**Spafield Family Resource Centre,**Cashel**Tel. (062) 63622* |
| **Parents Plus ‘Parenting when Separated’:** Group programme: - Solving co-parenting problems in a positive way that focuses  on the needs of children | * To start: Q. 1, 2018 depending on numbers
 | Spafield Family Resource Centre, Cashel | Separated parents, Cashel area. | *Deirdre O’Connor,**Spafield Family Resource Centre**Old Road, Cashel**Co. Tipperary**Tel. (062) 63622* |
| **Clonmel** | **Parents Plus ‘Children’s Programme’ *(Parents Plus)***Group programme: - 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.  | * To start in February 2018, depending on numbers
* 2-hour weekly sessions
* 8 weeks
 | Le Chéile, Respond Centre, Oakland Drive,Clonmel | Parents of children, aged 5 - 13 years from Clonmel | *Patricia Power,**Le Chéile project, Respond!**Clonmel**Tel. (052) 6129589*  *087 1954752* |
| **Carrick-on-Siúr****Carrick-on-Siúr** | **Incredible Years Parenting Programme *(Incredible Years)***Group programme:* Building a stronger

relationship with your child* Promoting Self Esteem
* Helping your child make friends and improve communication
* Use praise and rewards to encourage your child and to teach new behaviours
* Improving communication within the family
 | * To start in Q.1, 2018
* 14 weeks
 | Presentation Primary School, Greenside South,Carrick-on-Siúr | Parents of children attending Presentation Primary School in Carrick-on-Siúr | *Emma Power,**Presentation Primary School,**Carrick-on-Siúr**Tel. (051) 640798* |
| **Common Sense Parenting *(Boys Town Parenting programme)*:**To help parents to:- Build Family Relationships- Deal with problem behaviour- Teach social skills - Promote self control | To start in Q.1, 2018, depending on numbers  | Foróige NYP office, 16 Kickham Street,Carrick-on-Siúr | Parents of children, aged 6 – 16 years | *Foróige Neighbourhood Youth Project,* *Carrick-on-Siúr**Siobhán Clifford:*  *Tel. 086-8331886**Sarah Dunleavy:*  *Tel.086-0479851**As above* |
| **Non-Violent Resistance programme:** One-to-one orgroup programme:* To help parents to deal with Child to Parent violence
 | To start in Q.1, 2018, depending on numbers | Foróige NYP office, 16 Kickham Street,Carrick-on-Siúr | Parents of children, aged 10 – 17/18 years |
| ***Parenting Support*** |
| ***Area***  | ***Details of services*** | ***When***  | ***Venue*** | ***Target Group*** | ***Contact Details*** |
| **Northern section of** **Co. Tipperary** | **TLC Kidz programme*** 12 week Groupwork programmes
* For children and their mothers who have experienced Domestic Violence.
 | * Currently accepting referrals for next programme, commencing in

***Q. 2, 2018*** | To be confirmed | Children aged between 6-16 years and their mothers | *Áine Costello,**Barnardos Centre, Thurles**Tel. (0504) 20018* *086-0471042* |
| **Northern section of** **Co. Tipperary** ( *includes Ballina**Borrisokane**Borrisoleigh**Cloughjordan**Kilcommon**Moatfield**Newport**Nenagh**Portroe**Templederry**Thurles*) | **Community Mothers Programme (Nenagh /Thurles):*** One-to-One support
* Parent, Toddler and Baby Groups
* Incredible Years Parent and Baby courses
* Infant Baby massage
* Breast-feeding support
 | * As required
 | Areas listed in column 1 | Families living in the areas listed with children from birth to pre-school age. | *Brigid Murphy,**Community Mothers Programme,**North Tipperary Community Service,**Loreto House,Nenagh**Tel. (067) 41922* *087 2780029* |
| **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
 | * Ongoing
 | Loreto House, Nenagh. | Parents of children in the care of Túsla in the North of the county. | *Eileen Healy,* *Advocacy Worker,**North Tipperary Community Services**Tel.( 067) 31800* |
| **‘Moms on the Move’:**Peer Support Group for Mothers: - Supporting the challenges of  parenting with a focus on  parent’s Mental Health & Wellbeing | * Ongoing
* Thursday, 10.30 – 12.30 p.m.

*(Childcare is provided free of charge by Áras Folláin)* | Áras Folláin, Peer Support Center, Tyone, Nenagh | Parents of children of all ages in the North of the county | *Margo O’Donnell Roche,**Áras Folláin, Tyone,**Nenagh**Tel. (067) 41906* *085 8607856* |
| **Southern section of** **Co. Tipperary** | **Teen Parent Support Programme****(*Positive Parenting for Changing Families programme*)*** One-to-One
* Outreach service
 | * As required
 | * In the home or at venue of choice
 | Teen parents aged 19 years and under in theSouth of Co. Tipperary | *Bernie Loughnan,**St. Catherine’s Community Services, Carlow**Tel.085 1101511* *(059) 9138700* |
| **Family Advocacy Service:**Support for Families of Children in the care of TúslaThe Family Advocate will:* Help parents prepare for meetings about their child in care
* Assist parents to put their points of view across at meetings
* Accompany parents to meetings about their child
* Help parents find information about relevant services
 | Ongoing  | Three Drives FRC,Grenane Drive,Tipperary town | Parents of children in the care of Túsla in the South of the county. | *Imelda Farrell,**Three Drives FRC,**Tipperary town**Tel. (062) 80831* |
| **Nenagh and surrounding area** | **Parents Support Project**: services for families in need of a range of supports:* Counselling support
* Referral to other services
 | * On-going
* By appointment
 | North Tipperary Community Services, Silver Street, Nenagh | Parents from Nenagh and surrounding areas | *Fiona Naughnane**North Tipperary Community Services.(NTCS)**Tel (067) 41924* *087 7921883* |
| **Templemore** | **Parenting Support*** Advice/information on parenting
* Support on issues affecting parenting
 | * Monday, Tuesday & Thurs., 9-5 p.m.
* Wed., 9–12 a.m.
* Drop-In & by Appointment
 | Templemore Community Services Centre, Bank Street,Templemore | Parents of children aged 0-18 years in Templemore and environs | *Orlaith McDowell,* *Templemore Community Social Services**Tel. (0504) 31244* |
| **Templemore** | **Parenting Support*** One-to-One
* Advice on parenting

 | * As required
 | Youthwork Ireland Tipperary, Old Courthouse, Bank Street, Templemore | Parents of children, 0 – 17 years  | *Sara Leahy,* *More Family Project**Tel. (0504) 56641*  *087 2642203* |
| **‘Mams Who Meet’**Peer Support Group | * Wednesdays,

 10.30 - 11.30am | As above | Young mothers of children, 0 – 3 years |
| **Thurles area** | **Partnership with Parents (*including Birth to 2 Years – see below*)** * Support to parents and children
* Tailored around specific needs
* Includes structured parenting programme, parent-child work

 and work with childrenAvailable on a **one-to-one** basis for parents | * As required
 | Barnardos Centre, Thurles, and in Family Home | Parents of children, 0 – 18, in Thurles Primary Care catchment area  | *Barnardos Centre, Thurles**Tel. (0504) 20018* |
| **Clonmel** | **Partnership with Parents**  (*as above*)Available on a **one-to-one** basis for parents | * As required
 | Barnardos office, Clonmel | Parents of children and teenagers0 – 17 years | *Barnardos,* *Clonmel.**Tel. (052) 6170665*  *(052) 6170750* |
| **Partnership with Parents –Birth to 2 Years (*new one-to-one programme):**** 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
* Understanding how they communicate and how this affects their relationship with their child
* Looking at the supports they have around them and how these can help with their parenting
 | * As required
 | Barnardos office, Clonmel | Parents of children aged 0 – 18 months | *Barnardos**Tel. (052) 6170665*  *(052) 6170750* |
| **One-to-One Parenting Support (*Incredible Years Home Visiting Coach programme*):*** Advice on parenting
 | * Tuesday (*re-commencing 12th September*)

 * 9.30 – 1.00 p.m.

 * Drop-In or by

Appointment | Le Chéile, Respond Centre, Oakland Drive,Clonmel | Parents of children, 0 – 18 years From Clonmel town and environs | *Patricia Power,**Le Chéile, Respond**Tel. (052) 6129589*  *087 1954752* |
| **Clonmel** | **‘Cook It’ programme for parents & children:** Nutrition education programme based on the Food Pyramid for parents ( endorsed by HSE Health Promotion) | * To start in February 2018
* 6 weeks
 | Le Chéile, Respond Centre, Oakland Drive,Clonmel | Parents and children inClonmel town | *Patricia Power,**Le Chéile project, Respond!**Clonmel**Tel. (052) 6129589*  *087 1954752* |
| **Carrick-on-Siúr** | **Non-Violent Resistance programme:** One-to-one programme:* To help parents to deal with Child to Parent violence
 | To start in late September or October 2017, depending on numbers | Foróige NYP office, 16 Kickham Street,Carrick-on-Siúr | Parents of children, aged 10 – 17/18 years | *Foróige Neighbourhood Youth Project,* *Carrick-on-Siúr**Siobhán Clifford:*  *Tel. 086-8331886**Sarah Dunleavy:*  *Tel.086-0479851* |
| **Clonmel / Cahir/Cashel/ Carrick-on-Siúr/ Fethard** | **Clonmel Community Mothers Programme** Community Mother Home Visits providing:* Support & Information re. Child Development & Parenting
* Ante-natal support
* Breast-feeding support
* Mother & Baby Groups
* Parent & Toddler Groups
 | * As required
 |  | Parents of children, 0 – 5 years in Clonmel, Cahir, Carrick-on-Siúr, Cashel and Fethard. | *Jill Sandvoss,**Clonmel Community Mothers Programme**Tel. (052) 6128199* |
| **Cashel** | **Parenting Support (*Parents Plus Adolescent*** and ***Positive Parenting for Changing Families*)*** One-to-One
* Advice on Parenting
* Listening & Referral service
 | * Wednesday

 * 9.30 – 1.00 p.m.
* Drop-In or by

 appointment | Spafield Family Resource Centre, Cashel | Parents of children, 2– 16 years from Cashel area  | *Deirdre O'Connor,**Spafield Family Resource Centre**Old Road, Cashel**Co. Tipperary**Tel. (062) 63622* |
| **Slieve Ardagh area** | **One-to-One Parenting Support** Drop-in clinic: * One-to-one
* Parenting Support and Advice
* A Listening Ear
 | * Monday, 9.30 a.m. – 12.30 p.m.
* Weekly
 | Millennium Family Resource Centre, Glengoole | Parents from Slieve Ardagh / Glengoole,Killenaule, Ballingarry, & Mullinahone areas | *Julie O’Halloran,**Millennium Family Resource Centre**Tel. (052) 9157992* |
| **Parent Support Outreach Gortnahoe**Drop-in clinic: (*as above*) | * Thursdays

10.30 – 12.30* Fortnightly
 | Gortnahoe Community Centre | Parents from Gortnahoe, Kilcooley, Grange, Ballysloe, Fennor |
| **Parents Plus Adolescents Programme**One-to-one parenting support including family sessions as required | By appointment or referral | Millennium Family Resource Centre, Glengoole  | Parents of children, aged 11 - 16 years, from Slieve Ardagh / Glengoole/ Killenaule/ Mullinahone/Ballingarry |
| **Slieve Ardagh area** | **Play Therapy service for children** | * Ongoing / As required
* Referrals from professionals and self-referral from parents
 | Millennium Family Resource Centre, Glengoole | Children, aged 3 – 14 years  | *Julie O’Halloran,**Millennium Family Resource Centre**Tel. (052) 9157992* |
| **Incredible Years Home Coaching Programme:** One-to-one parenting programme with a focus on: - 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. | * 10 week programme
* By referral from professionals
 | Millennium Family Resource Centre, Glengoole or in the Home. | Parents of children, aged 3 – 6 years, from Slieve Ardagh / Glengoole/Killenaule/ Mullinahone/Ballingarry |
| **Tipperary town** | **Parenting Support (*Positive Parenting for Changing Families programme*)*** One-to-One
* Advice on parenting
 | * As required
 | Three Drives Family Resource Centre,Grenane Drive, Tipperary | Parents of children and young people in Tipperary town | *Three Drives Family Resource Centre,**Tipperary town**Tel. (062) 80831* |
| **Parenting Support (*Positive Parenting for Changing Families programme*)*** As above
 | * Ongoing basis
* Mondays & Wednesdays by appointment
 | Knockanrawley Resource Centre, Tipperary | Parents of children, 0 – 12 years, from Tipperary town and environs | *Helen Buckley,* *Parent & Family Support Programme, Knockanrawley Resource Centre.**Tel. (062) 52688* |
| **Dad’s Group** | * Weekly
* Monday, 10.30 – 12.30 p.m.
 | Knockanrawley Resource Centre, Tipperary | Fathers |
| **SHE Group:**Lone Parent Group | * Weekly session
* Thursday, 11 – 1 p.m.
 | Knockanrawley Resource Centre, Tipperary | Women who are Lone Parents in area of Tipperary town |
| **Parenting Club** (Peer support & Mentoring Group) | * Weekly session
* Wednesday, 10.30 – 12.30 p.m.
 | Knockanrawley Resource Centre, Tipperary | Parents in area of Tipperary town |
| **Cook It!**Nutrition education programme based on the Food Pyramid for parents (endorsed by HSE Health Promotion) | * Start date: depending on numbers
* 6 weeks
* 2 hour sessions weekly
 | Knockanrawley Resource Centre, Tipperary | Parents in area of Tipperary town |
| **Art Therapy for children*** One-to-one
* Referrals from parents, schools, etc.
* For children with issues around anxiety, bullying, anger management, etc.
 | * As required
 | Three Drives Family Resource Centre,Grenane Drive,Tipperary. | Children & young people, 4 – 18 years in Tipperary town | *Three Drives FRC,**Tipperary town**Tel. (062) 80831* |
| ***Parent & Toddler Groups / Mother & Baby Groups*** |
| ***Area***  | ***Details of services*** | ***When***  | ***Venues*** | ***Target Group*** | ***Contact Details*** |
| **Co. Tipperary** | **Parent & Toddler Groups**: * 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 | ***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 web link at:***<http://tipperarychildcarecommittee.ie/parent-toddler-groups/> |
| **Littleton and** **surrounding areas** | **PEEPS Programme****(Parent & Toddler Groups)** * Structured programme where parents are supported to promote their child’s Early Education needs.
 |   - Weekly sessions on Wednesday,  re-commencing  after Summer  break on  27th September, 10.30 – 12.00 a.m. | Littleton/Moycarkey/ Borris Community and Sports Centre, Littleton. | Parents & Babies/ Toddlers | *Barnardos Centre, Thurles* *Tel. (0504) 20018* |
| **Northern section of****Co. Tipperary** | **Parent, Toddler & Baby Groups*** Group Activities with parents & children to enhance development of children through play, story-telling & rhyme time
 |  - *Starting back on* *week of 11th*  *September** Weekly sessions

 - Ongoing | **12 locations**:In Ballina, Borrisokane, Nenagh, Portroe, Kilcommon, Thurles, Moatfield, Borrisoleigh, Silvermines, Latteragh (Toomevara), Cloughjordan, & Newport.  | Parents & Babies/ Toddlers | *Brigid Murphy,**Community Mothers Programme,* *North Tipperary Community Services**Tel. (067)41922* *087 2780029*  |
| **Cahir****Cashel****Clonmel** | **Mother & Baby Groups:** To meet other parents of babies with Community Mothers on hand to provide support and information.***Breast-feeding practitioner*** available. | - Weekly sessions - Ongoing | In Cashel, Cahir, & Clonmel  | Mothers & Babies |  *Clonmel Community*  *Mothers Programme* *Tel. (052) 6128199* |
| ***Parenting Talks*** |
| ***Area***  | ***Subject of presentation & Presenters*** | ***When***  | ***Venue*** | ***Contact*** |
|  | *‘Q. & A. Workshop with Dr. Geraldine Leader*’Geraldine Leader, Behavioural Psychologist, with expertise in Applied Behaviour Analysis and Autism Spectrum Disorder | * January 2018 (date to be confirmed)
 |  | *Fiona Naughnane,**North Tipperary Community services**Tel. 087-7921883****Registration essential*** |

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