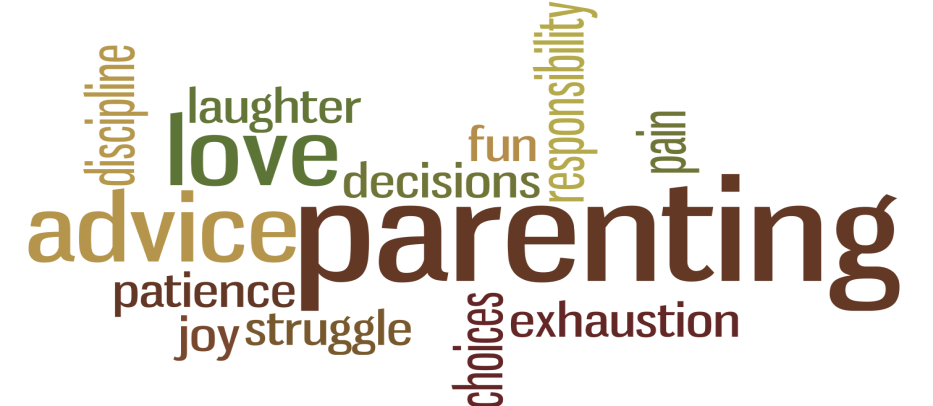


**Parenting Supports in Co. Tipperary: January - March 2018**

***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 or  group 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 the  South 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 Túsla  The 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 children  Available 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 teenagers  0 – 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 in  Clonmel 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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