

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

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>
Nenagh	Incredible Years Parenting Programme <u>Group programme:</u> <ul style="list-style-type: none"> - 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 	<ul style="list-style-type: none"> - 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	<i>Patricia Woulfe-Keady,</i> <i>North Tipperary Community Services</i> <i>Tel. (067) 31800</i>

Nenagh	Co-Parenting course – Parenting through Separation	- To start: January 26 th 2018		Separated parents with children	<i>North Tipperary Community Services Tel. (067) 31800</i>
Newport	Early Years Parenting programme	- To start: February 2018	Venue in Newport	Parents of children of pre-school age	<i>North Tipperary Community Services Tel. (067) 31800</i>
Thurles	Parents Plus ‘Parenting when Separated’: <u>Group programme:</u> - Solving co-parenting problems in a positive way that focuses on the needs of children	- Currently accepting referrals for programme to commence late Q.1 / early Q. 2, 2018	Barnardos Centre, The Mall, Slievenamon Rd., Thurles	Separated parents with children	<i>Barnardos Centre, Thurles Tel. (0504) 20018</i>
Slieve Ardagh	Incredible Years School Age Programme: <u>Group programme:</u> - 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	<i>Julie O’Halloran, Millennium Family Resource Centre, Glengoole Tel. (052) 9157992</i>

Cashel	<p>Parents Plus 'Children's Programme' (Parents Plus): <u>Group programme:</u></p> <ul style="list-style-type: none"> - To develop a close and warm relationship with your child and to enjoy being their parent - To set rules and establish positive routines in the home - To manage difficult behaviour and discipline problems - To solve Childhood problems in a positive way that helps your child learn. 	<ul style="list-style-type: none"> - To start: Q. 1, 2018 <u>depending on numbers</u> - 8 weeks: 2 hrs. per session 	Spafield Family Resource Centre, Cashel	Parents of children 6-11 years, Cashel area	<p><i>Deirdre O'Connor & Fiona Ryan</i> <i>Spafield Family Resource Centre</i> <i>Old Road, Cashel</i> <i>Co. Tipperary</i></p> <p><i>Tel. (062) 63622</i></p>
	<p>Parents Plus 'Adolescent programme': <u>Group programme:</u></p> <ul style="list-style-type: none"> - Handling conflict - Problem-solving - Building Positive Relationships 	<ul style="list-style-type: none"> - To start: Q. 1, 2018 <u>depending on numbers</u> - 2-hour weekly sessions - evenings - 6 weeks 	Spafield Family Resource Centre, Cashel	Parents of children, aged 11 – 16 years from Cashel	<p><i>Deirdre O'Connor,</i> <i>Spafield Family Resource Centre,</i> <i>Cashel</i></p> <p><i>Tel. (062) 63622</i></p>
	<p>Parents Plus 'Parenting when Separated': <u>Group programme:</u></p> <ul style="list-style-type: none"> - Solving co-parenting problems in a positive way that focuses on the needs of children 	<ul style="list-style-type: none"> - To start: Q. 1, 2018 <u>depending on numbers</u> 	Spafield Family Resource Centre, Cashel	Separated parents, Cashel area.	<p><i>Deirdre O'Connor,</i> <i>Spafield Family Resource Centre</i> <i>Old Road, Cashel</i> <i>Co. Tipperary</i></p> <p><i>Tel. (062) 63622</i></p>

Clonmel	<p>Parents Plus 'Children's Programme' (Parents Plus) <u>Group programme:</u></p> <ul style="list-style-type: none"> - To develop a close and warm relationship with your child and to enjoy being their parent - To set rules and establish positive routines in the home - To manage difficult behaviour and discipline problems - To solve Childhood problems in a positive way that helps your child learn. 	<ul style="list-style-type: none"> - To start in February 2018, <u>depending on numbers</u> - 2-hour weekly sessions - 8 weeks 	Le Chéile, Respond Centre, Oakland Drive, Clonmel	Parents of children, aged 5 - 13 years from Clonmel	<p><i>Patricia Power, Le Chéile project, Respond! Clonmel</i></p> <p><i>Tel. (052) 6129589 087 1954752</i></p>
Carrick-on-Siúr	<p>Incredible Years Parenting Programme (Incredible Years) <u>Group programme:</u></p> <ul style="list-style-type: none"> - 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 	<ul style="list-style-type: none"> - 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	<p><i>Emma Power, Presentation Primary School, Carrick-on-Siúr</i></p> <p><i>Tel. (051) 640798</i></p>
	<p>Common Sense Parenting (Boys Town Parenting programme): To help parents to:</p> <ul style="list-style-type: none"> - Build Family Relationships - Deal with problem behaviour - Teach social skills - Promote self control 	To start in Q.1, 2018, <u>depending on numbers</u>	Foróige NYP office, 16 Kickham Street, Carrick-on-Siúr	Parents of children, aged 6 – 16 years	<p><i>Foróige Neighbourhood Youth Project, Carrick-on-Siúr</i></p> <p><i>Siobhán Clifford: Tel. 086-8331886</i></p> <p><i>Sarah Dunleavy: Tel.086-0479851</i></p>

Carrick-on-Siúr	Non-Violent Resistance programme: <u>One-to-one or group programme:</u> - To help parents to deal with Child to Parent violence	To start in Q.1, 2018, <u>depending on numbers</u>	Foróige NYP office, 16 Kickham Street, Carrick-on-Siúr	Parents of children, aged 10 – 17/18 years	As above
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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	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	<i>Áine Costello, Barnardos Centre, Thurles</i> <i>Tel. (0504) 20018 086-0471042</i>
Northern section of Co. Tipperary (includes <i>Ballina Borrisokane Borrisoleigh Cloughjordan Kilcommon Moatfield Newport Nenagh Portroe Templederry</i>)	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	<ul style="list-style-type: none"> As required 	Areas listed in column 1	Families living in the areas listed with children from birth to pre-school age.	<i>Brigid Murphy, Community Mothers Programme, North Tipperary Community Service, Loreto House, Nenagh</i> <i>Tel. (067) 41922 087 2780029</i>

Thurles)					
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"> • Ongoing 	Loreto House, Nenagh.	Parents of children in the care of Túsla in the North of the county.	<i>Eileen Healy, Advocacy Worker, North Tipperary Community Services</i> <i>Tel.(067) 31800</i>
	'Moms on the Move': Peer Support Group for Mothers: <ul style="list-style-type: none"> - Supporting the challenges of parenting with a focus on parent's Mental Health & Wellbeing 	<ul style="list-style-type: none"> • Ongoing • Thursday, 10.30 – 12.30 p.m. <i>(Childcare is provided free of charge by Áras Folláin)</i>	Áras Folláin, Peer Support Center, Tyone, Nenagh	Parents of children of all ages in the North of the county	<i>Margo O'Donnell Roche, Áras Folláin, Tyone, Nenagh</i> <i>Tel. (067) 41906 085 8607856</i>
Southern section of Co. Tipperary	Teen Parent Support Programme (Positive Parenting for Changing Families programme) <ul style="list-style-type: none"> - One-to-One - Outreach service 	<ul style="list-style-type: none"> • As required 	- In the home <u>or</u> at venue of choice	Teen parents aged 19 years and under in the South of Co. Tipperary	<i>Bernie Loughnan, St. Catherine's Community Services, Carlow</i> <i>Tel.085 1101511 (059) 9138700</i>
	Family Advocacy Service: <u>Support for Families of Children in the care of Túsla</u> The Family Advocate will: <ul style="list-style-type: none"> - 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 	Ongoing	Three Drives FRC, Grenane Drive, Tipperary town	Parents of children in the care of Túsla in the South of the county.	<i>Imelda Farrell, Three Drives FRC, Tipperary town</i> <i>Tel. (062) 80831</i>

	relevant services				
Nenagh and surrounding area	Parents Support Project: services for families in need of a range of supports: <ul style="list-style-type: none"> - Counselling support - Referral to other services 	<ul style="list-style-type: none"> • On-going • By appointment 	North Tipperary Community Services, Silver Street, Nenagh	Parents from Nenagh and surrounding areas	<i>Fiona Naughnane</i> <i>North Tipperary Community Services.(NTCS)</i> <i>Tel (067) 41924</i> <i>087 7921883</i>
Templemore	Parenting Support <ul style="list-style-type: none"> • Advice/information on parenting • Support on issues affecting parenting 	<ul style="list-style-type: none"> - 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	<i>Orlaith McDowell,</i> <i>Templemore Community Social Services</i> <i>Tel. (0504) 31244</i>
	Parenting Support <ul style="list-style-type: none"> • One-to-One • Advice on parenting 	<ul style="list-style-type: none"> • As required 	Youthwork Ireland Tipperary, Old Courthouse, Bank Street, Templemore	Parents of children, 0 – 17 years	<i>Sara Leahy,</i> <i>More Family Project</i> <i>Tel. (0504) 56641</i> <i>087 2642203</i>
	‘Mams Who Meet’ Peer Support Group	<ul style="list-style-type: none"> - 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) <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	<ul style="list-style-type: none"> • As required 	Barnardos Centre, Thurles, and in Family Home	Parents of children, 0 – 18, in Thurles Primary Care catchment area	<i>Barnardos Centre,</i> <i>Thurles</i> <i>Tel. (0504) 20018</i>

	parents				
Clonmel	Partnership with Parents <i>(as above)</i> Available on a one-to-one basis for parents	<ul style="list-style-type: none"> As required 	Barnardos office, Clonmel	Parents of children and teenagers 0 – 17 years	<i>Barnardos, Clonmel.</i> <i>Tel. (052) 6170665</i> <i>(052) 6170750</i>
	Partnership with Parents –Birth to 2 Years (new one-to-one programme): <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 - 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 	<ul style="list-style-type: none"> As required 	Barnardos office, Clonmel	Parents of children aged 0 – 18 months	<i>Barnardos</i> <i>Tel. (052) 6170665</i> <i>(052) 6170750</i>
	One-to-One Parenting Support (Incredible Years Home Visiting Coach programme): <ul style="list-style-type: none"> Advice on parenting 	<ul style="list-style-type: none"> Tuesday (<i>re-commencing 12th September</i>) 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	<i>Patricia Power, Le Chéile, Respond</i> <i>Tel. (052) 6129589</i> <i>087 1954752</i>

Clonmel	'Cook It' programme for parents & children: Nutrition education programme based on the Food Pyramid for parents (endorsed by HSE Health Promotion)	<ul style="list-style-type: none"> To start in February 2018 6 weeks 	Le Chéile, Respond Centre, Oakland Drive, Clonmel	Parents and children in Clonmel town	<i>Patricia Power, Le Chéile project, Respond! Clonmel</i> <i>Tel. (052) 6129589 087 1954752</i>
Carrick-on-Siúr	Non-Violent Resistance programme: <u>One-to-one programme:</u> - 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	<i>Foróige Neighbourhood Youth Project, Carrick-on-Siúr</i> <i>Siobhán Clifford: Tel. 086-8331886 Sarah Dunleavy: Tel.086-0479851</i>
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	<ul style="list-style-type: none"> As required 		Parents of children, 0 – 5 years in Clonmel, Cahir, Carrick-on-Siúr, Cashel and Fethard.	<i>Jill Sandvoss, Clonmel Community Mothers Programme</i> <i>Tel. (052) 6128199</i>
Cashel	Parenting Support (Parents Plus Adolescent and Positive Parenting for Changing Families) <ul style="list-style-type: none"> One-to-One Advice on Parenting Listening & Referral service 	<ul style="list-style-type: none"> 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	<i>Deirdre O'Connor, Spafield Family Resource Centre Old Road, Cashel Co. Tipperary</i>

					Tel. (062) 63622
Slieve Ardagh area	One-to-One Parenting Support <u>Drop-in clinic:</u> - One-to-one - Parenting Support and Advice - A Listening Ear	<ul style="list-style-type: none"> Monday, 9.30 a.m. – 12.30 p.m. Weekly 	Millennium Family Resource Centre, Glengoole	Parents from Slieve Ardagh / Glengoole, Killenaule, Ballingarry, & Mullinahone areas	<i>Julie O'Halloran, Millennium Family Resource Centre</i> <i>Tel. (052) 9157992</i>
	Parent Support Outreach Gortnahoe <u>Drop-in clinic: (as above)</u>	<ul style="list-style-type: none"> 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	
	Play Therapy service for children	<ul style="list-style-type: none"> Ongoing / As required Referrals from professionals and self-referral from parents 	Millennium Family Resource Centre, Glengoole	Children, aged 3 – 14 years	
	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	<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 – 6 years, from Slieve Ardagh / Glengoole/ Killenaule/ Mullinahone/ Ballingarry	

	Setting, Handling Misbehaviour.				
Tipperary town	Parenting Support (<i>Positive Parenting for Changing Families programme</i>) <ul style="list-style-type: none"> • One-to-One • Advice on parenting 	<ul style="list-style-type: none"> • As required 	Three Drives Family Resource Centre, Grenane Drive, Tipperary	Parents of children and young people in Tipperary town	<i>Three Drives Family Resource Centre, Tipperary town</i> <i>Tel. (062) 80831</i>
	Parenting Support (<i>Positive Parenting for Changing Families programme</i>) <ul style="list-style-type: none"> • As above 	<ul style="list-style-type: none"> • Ongoing basis • Mondays & Wednesdays by appointment 	Knockanrawley Resource Centre, Tipperary	Parents of children, 0 – 12 years, from Tipperary town and environs	<i>Helen Buckley, Parent & Family Support Programme, Knockanrawley Resource Centre.</i> <i>Tel. (062) 52688</i>
	Dad's Group	<ul style="list-style-type: none"> - Weekly - Monday, 10.30 – 12.30 p.m. 	Knockanrawley Resource Centre, Tipperary	Fathers	
	SHE Group: Lone Parent Group	<ul style="list-style-type: none"> - 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)	<ul style="list-style-type: none"> - 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)	<ul style="list-style-type: none"> - 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 <ul style="list-style-type: none"> • One-to-one • Referrals from parents, schools, etc. • For children with issues around anxiety, bullying, anger 	<ul style="list-style-type: none"> • As required 	Three Drives Family Resource Centre, Grenane Drive, Tipperary.	Children & young people, 4 – 18 years in Tipperary town	<i>Three Drives FRC, Tipperary town</i> <i>Tel. (062) 80831</i>

management, etc.

Parent & Toddler Groups / Mother & Baby Groups

<u>Area</u>	<u>Details of services</u>	<u>When</u>	<u>Venues</u>	<u>Target Group</u>	<u>Contact Details</u>
Co. Tipperary	Parent & Toddler Groups: <ul style="list-style-type: none"> - Structured groups where parents engage in play and dance with their toddlers - Waiting lists apply in some cases 	<ul style="list-style-type: none"> - Weekly sessions - Ongoing 	In various locations around the county: see web-link below	Parents & Toddlers	For full list of Parent & Toddler Groups in the County, follow web-link below
For full list of Parent & Toddler Groups in the County, please go to Tipperary County Childcare Committee web link at:					
Littleton and surrounding areas	PEEPS Programme (Parent & Toddler Groups) <ul style="list-style-type: none"> - Structured programme where parents are supported to promote their child's Early Education needs. 	<ul style="list-style-type: none"> - 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	<i>Barnardos Centre, Thurles</i> <i>Tel. (0504) 20018</i>
Northern section of Co. Tipperary	Parent, Toddler & Baby Groups <ul style="list-style-type: none"> - Group Activities with parents & children to enhance development of children through play, story-telling & rhyme time 	<ul style="list-style-type: none"> - <i>Starting back on week of 11th September</i> - Weekly sessions - Ongoing 	<u>12 locations:</u> In Ballina, Borrisokane, Nenagh, Portroe, Kilcommon, Thurles, Moatfield, Borrisoleigh, Silvermines, Latteragh (Toomevara), Cloughjordan, & Newport.	Parents & Babies/Toddlers	<i>Brigid Murphy, Community Mothers Programme, North Tipperary Community Services</i> <i>Tel. (067)41922</i> <i>087 2780029</i>
Cahir Cashel Clonmel	Mother & Baby Groups: To meet other parents of babies with Community Mothers on hand to provide support and information.	<ul style="list-style-type: none"> - Weekly sessions - Ongoing 	In Cashel, Cahir, & Clonmel	Mothers & Babies	<i>Clonmel Community Mothers Programme</i> <i>Tel. (052) 6128199</i>

Breast-feeding practitioner available.

Parenting Talks

<u>Area</u>	<u>Subject of presentation & Presenters</u>	<u>When</u>	<u>Venue</u>	<u>Contact</u>
North Tipperary	<p>'Q. & A. Workshop with Dr. Geraldine Leader'</p> <p>Geraldine Leader, Behavioural Psychologist, with expertise in Applied Behaviour Analysis and Autism Spectrum Disorder</p>	- January 2018 (date to be confirmed)	To be confirmed	<p><i>Fiona Naughnane,</i> <i>North Tipperary Community services</i></p> <p><i>Tel. 087-7921883</i></p> <p>Registration essential</p>

