

# Parenting Supports in Co. Tipperary: September – December 2020



WELCOME TO THE TIPPERARY CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEE PARENTING SUPPORT CALENDAR, SEPTEMBER - DECEMBER 2020. THE INFORMATION BELOW IS ORGANIZED UNDER 4 SECTIONS, AS FOLLOWS:



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

## ***Parenting (Group) Programmes***

<b><i>Area</i></b>	<b><i>Details of programme</i></b>	<b><i>Date of Commencement Duration</i></b>	<b><i>Venue</i></b>	<b><i>Target Group</i></b>	<b><i>Contact Details</i></b>
<b>Northern section of Co. Tipperary</b>	<p><b>TLC Kidz Programme</b> Groupwork programme for children and mothers, meeting in separate groups, who have experienced Domestic Violence.</p> <p><i>Open for referrals now</i></p>	Ongoing	Venue in North Tipperary	Children aged between 6-16 years <u>and</u> their mothers from the North of the county.	<p>Margaret Carroll Blake, Barnardos Thurles Tel. (0504) 20018</p> <p>E-mail: <a href="mailto:info@thurles.barnardos.ie">info@thurles.barnardos.ie</a></p>
<b>Northern section of Co. Tipperary</b>	<p><b>'Parenting when Separated' (Parents Plus)</b> <u>Group programme:</u></p> <ul style="list-style-type: none"> <li>- Solving co-parenting problems in a positive way that focuses on the needs of children.</li> </ul>	<ul style="list-style-type: none"> <li>- To commence on Wednesday, 23<sup>rd</sup> September 2020</li> <li>- 6 weeks in duration</li> </ul>	<p>Tyone Centre, Nenagh.</p> <p><i>Face-to-face with Covid 19 protocols in place</i></p>	Separated Parents of children & young people, 0 – 18 years from North Tipperary area	<p>Fiona Naughnane, Silver Arch Family Resource Centre, Nenagh</p> <p>Tel (067) 31800 087 7921883</p>

<b>Northern section of Co. Tipperary</b>	<b>Parents Plus Adolescents Programme (<i>Parents Plus</i>)</b> <u>Group programme:</u> <ul style="list-style-type: none"> <li>- Getting to know and connecting with your teenager</li> <li>- Communicating positively and effectively</li> <li>- Building your teenager's self-esteem and confidence</li> <li>- Negotiating rules and boundaries</li> <li>- Teaching teenagers responsibility</li> <li>- Positive discipline for teenagers</li> <li>- Managing conflict</li> <li>- Solving problems together</li> </ul>	<ul style="list-style-type: none"> <li>- To commence on Monday, 28<sup>th</sup> September 2020</li> <li>- 6 weeks in duration</li> </ul>	Tyone Centre, Nenagh.  <i>Face-to-face with Covid 19 protocols in place</i>	Parents/Carers of teenagers.	<i>Fiona Naughnane, Silver Arch Family Resource Centre, Nenagh</i>  <i>Tel (067) 31800 087 7921883</i>
<b>Cashel</b>	<b>Parents Plus Adolescents Programme (<i>Parents Plus</i>)</b> <u>Group programme:</u> <ul style="list-style-type: none"> <li>- See above</li> </ul>	<ul style="list-style-type: none"> <li>- To commence on Friday, 16<sup>th</sup> October 2020</li> <li>- 8 weeks programme</li> </ul>	Spafield Family Resource Centre, Cashel  <i>Face-to-face with Covid 19 protocols in place</i>	Parents/Carers of teenagers.	<i>Fiona Hayes, Spafield Family Resource Centre, Old Road, Cashel Co. Tipperary Tel. (062) 63622</i>

## **Parenting Support**

<u>Area</u>	<u>Details of services</u>	<u>When</u>	<u>Venue</u>	<u>Target Group</u>	<u>Contact Details</u>
<b>Northern section of Co. Tipperary</b>	<b>Traveller Family Support project, North Tipperary Development Company</b> 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.	Visits to the home and contact by phone	Traveller families in the North of the county	<i>Traveller Programme Coordinator, North Tipperary Development Company, Main Street, Roscrea. Tel. (0505) 24166 087 9310946</i>

<p><b>Northern section of Co. Tipperary</b></p>	<p><b>Partnership with Families project: Advocacy service for parents of children in the care of Túsla</b></p> <ul style="list-style-type: none"> <li>- To support parents to engage with Túsla and other relevant services</li> <li>- To support parents to have continued involvement with their children in care</li> </ul>	<p><u>Availability by phone:</u></p> <p>Monday to Friday, 10.00 a.m. – 4.00 p.m.</p>	<p><u>Phone-based contact until further notice</u></p>	<p>Parents of children in the care of Túsla in the North of the county.</p>	<p><i>Eileen Healy, Advocacy Worker, Silver Arch Family Resource Centre, Nenagh</i></p> <p><i>Tel.(067) 31800</i></p>
<p><b>Northern section of Co. Tipperary</b> (<i>Nenagh Thurles Borrisoleigh Borrisokane Ballina Newport</i>)</p>	<p><b>Community Mothers Programme (Nenagh/Thurles):</b> Ongoing parenting support and information provided by experienced facilitators in the following programmes:</p> <ul style="list-style-type: none"> <li>- Infant Baby Massage (enhances Attachment and Bonding)</li> <li>- Circle of Security parenting <ul style="list-style-type: none"> <li>o Focusses on how parent/child relationships can be strengthened</li> <li>o A unique approach, teaching parents new ways to understand children’s needs and behaviours.</li> <li>o Effective ways to respond to these needs and behaviours</li> </ul> </li> <li>- Healthy Weaning workshops and information</li> </ul>	<p><u>Availability by phone and video call:</u></p> <p>Monday – Friday, 9.00 a.m. - 5.00 p.m.</p>	<p>-</p>	<p>Families living in the areas listed with children from birth to pre-school age.</p>	<p><i>Brigid Murphy, Community Mothers Programme,</i></p> <p><i>Silver Arch Family Resource Centre, Nenagh</i></p> <p><i>Tel. 067 31800</i></p> <p><i>Email: info@silverarchfrc.ie</i></p>

<b>Southern section of Co. Tipperary</b>	<b>Teen Parent Support Programme (<i>Positive Parenting for Changing Families programme</i>)</b> - One-to-One - Outreach service	<ul style="list-style-type: none"> <li>As required</li> </ul>	- 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 1101511  (059) 9138700</i>
<b>Nenagh and surrounding area</b>	<b>North Tipperary Parents Support Project:</b> Providing support for parents with everyday life events including: - 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  <u>Face-to-face with appropriate Covid-19 protocols in place or by phone, at the service-user's discretion</u>	Parents from Nenagh, Borrisokane, Newport, Toomevara and surrounding areas	<i>Fiona Naughnane,  Silver Arch Family Resource Centre  Nenagh.   Tel (067) 31800  087 7921883</i>
<b>Roscrea</b>	<b>Rocrea Youth Service (RYS) Family Support service:</b> <ul style="list-style-type: none"> <li>Advice/information on parenting</li> <li>Support on issues affecting parenting</li> <li>Sign-posting parents to other RYS services as required, including youth counselling, LGBT youth support, the youth project and RAY Garda Youth Diversion Project.</li> </ul>	As required	Roscrea Youth Service, Rosemary Street, Roscrea, E53 C859	Parents from Roscrea area	<i>North Tipperary Development Company -  Roscrea Youth Service   Tel. (0505) 24462</i>

<b>Templemore</b>	<b>Parenting Support</b> <ul style="list-style-type: none"> <li>• Family Support</li> <li>• Advice and information on wider issues affecting parenting</li> <li>• Practical support</li> </ul>	<ul style="list-style-type: none"> <li>- Monday, Tuesday &amp; Thurs., 9 a.m. – 5 p.m.</li> <li>- Wednesday, 9 - 12</li> <li>- Drop-In &amp; by Appointment</li> </ul>	<i>Mainly phone support currently. Face-to-face in certain circumstances / if required.</i>	Parents of children aged 0-17 years in Templemore and environs	<i>Templemore Community Social Services</i>  <i>Tel. (0504) 31244</i>
	<b>Parenting Support</b> <ul style="list-style-type: none"> <li>• Advice and information on parenting</li> <li>• Support on issues affecting parenting</li> </ul>	<ul style="list-style-type: none"> <li>- Tuesday – Friday, 9.30 a.m. – 5.00 p.m.</li> </ul>	<i>Phone-based and face-to-face contact as required, with Covid 19 protocols in place</i>	Families and Parents of children, aged 0 – 18 years, from Templemore and environs	<i>Sara Leahy, More Family Support Project, Templemore</i>  <i>Tel. (0504) 56641 087-2642203</i>
<b>Thurles area</b>	<b>Parent and Family Support:</b> <ul style="list-style-type: none"> <li>- Support to parents and children</li> <li>- Tailored around specific needs</li> <li>- Includes structured parenting programme, parent-child work and work with children</li> </ul> <p>Available on a <b>one-to-one</b> basis for parents</p>	<ul style="list-style-type: none"> <li>- During working hours</li> </ul>	<i>Some scope for face-to-face contact during this period, with Covid 19 protocols in place.</i>	Parents of children, 0 – 17 years in Thurles Primary Care catchment area	<i>Barnardos Centre, Thurles</i>  <i>Tel. (0504) 20018</i>
	<b>Partnership with Parents</b> <u>One-to-one programme:</u> <ul style="list-style-type: none"> <li>- Developing parents' understanding of their child's needs</li> <li>- Developing their understanding of their child's development</li> <li>- Improving their relationship with their child</li> <li>- Understanding their approach to parenting</li> </ul>	<ul style="list-style-type: none"> <li>- During working hours</li> </ul>		Parents of children, 0 – 17 years in Thurles Primary Care catchment area	

<b>Clonmel / Cahir/Cashel/ Carrick-on-Siúir/ Fethard and environs</b>	<b>Clonmel Community Mothers Programme</b> Providing support and information through Community Mother Home Visiting, phone calls, Zoom and WhatsApp: <ul style="list-style-type: none"> <li>- Child Development</li> <li>- Parenting support</li> <li>- Infant Mental Health/Attachment</li> <li>- Ante-natal support</li> <li>- Breast-feeding support</li> <li>- Baby massage</li> <li>- Therapeutic Play Skills</li> </ul>	<ul style="list-style-type: none"> <li>• During working hours</li> </ul>	<i>In the home, on a case-by-case basis, with Covid 19 protocols in place</i>  <i>Also by phone call, Zoom and WhatsApp</i>	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. 086-8359912</i>  <i>Web-site:</i> <a href="https://clonmelcommunitymother.ie/">https://clonmelcommunitymother.ie/</a>
<b>Clonmel</b>	<b>Barnardos Family Support Project</b> is a community based project in Clonmel offering support and advice to families experiencing a difficult period.	During working hours	<i>Centre-based visits and home visits can be arranged.</i>	Parents/Carers living in Clonmel and its environs.	<i>Barnardos Family Support Project, Clonmel</i>  <i>Tel: (052) 6170665</i>
	<b>Partnership with Parents</b> To support parents to build their parenting skills, and to strengthen relationships.	During working hours	<i>Also by phone or social media (WhatsApp, etc.)</i>	Parents of children and teenagers, 0-17 years	
<b>Carrick-on-Siúir</b>	<b>Common Sense Parenting (Boys Town Parenting programme):</b> <u>One-to-one</u> To help parents to: <ul style="list-style-type: none"> <li>- Build Family Relationships</li> <li>- Deal with Problem Behaviour</li> <li>- Teach Social Skills</li> <li>- Promote Self Control</li> </ul>	<ul style="list-style-type: none"> <li>• As required</li> </ul>	<i>Face to face with appropriate Covid-19 protocols in place or remotely, at parents discretion</i>	Parents of children, aged 6 – 16 years	<i>Foróige Neighbourhood Youth Project, Carrick-on-Siúir</i>  <i>Siobhán Clifford:</i> <i>Tel. 086-8331886</i>

<b>Carrick-on-Siúir</b>	<b>Non-Violent Resistance programme:</b> <u>One-to-one programme:</u> - To help parents to deal with Child to Parent violence	<ul style="list-style-type: none"> <li>As required</li> </ul>	<i>Face to face with appropriate Covid-19 protocols in place or remotely, at parents discretion</i>	Parents of children, aged 10 – 17/18 years	<i>Foróige Neighbourhood Youth Project, Carrick-on-Siúir</i>  <i>Siobhán Clifford:</i> <i>Tel. 086-8331886</i>
<b>Carrick-on-Siúir</b>	<b>Barnardos Student Mothers' Group:</b> <u>Support for young expectant mothers and young mothers to remain in second-level education:</u>  - Childcare subsidy - Educational support - Financial support towards books and school materials	- During working hours	<i>House visits: face-to-face contacts with Covid 19 Protocols in place</i>	Expectant student mothers or student mothers in second level education in Carrick area.	<i>Annette Dowling, Barnardos, 130 Clonard Park, Ballybeg, Waterford</i>  <i>Tel. 087 6472019</i> <a href="mailto:info@wsm.barnardos.ie">info@wsm.barnardos.ie</a>
<b>Cashel</b>	<b>Parenting Support (<i>Parents Plus Adolescent and Positive Parenting for Changing Families</i>)</b> <ul style="list-style-type: none"> <li>One-to-One</li> <li>Advice on Parenting</li> <li>Listening &amp; Referral service</li> </ul>	<ul style="list-style-type: none"> <li>Monday - Friday</li> <li>Drop-In or by appointment</li> </ul>	Spafield Family Resource Centre, Cashel  <i>Face-to-face with Covid 19 Protocols in place</i>	Parents of children, 2– 16 years from Cashel area	<i>Fiona Hayes, Diana Buckley, Spafield Family Resource Centre, Old Road, Cashel Co. Tipperary</i> <i>Tel. (062) 63622</i>
<b>Tipperary town</b>	<b>Parenting Support (<i>Positive Parenting for Changing Families programme</i>)</b> <ul style="list-style-type: none"> <li>Advice on parenting</li> <li>Support on parenting and family issues</li> </ul>	<u>Availability by phone:</u> - Monday – Friday, 9 a.m. – 5 p.m.	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>

Tipperary town	<b>Art Therapy for children</b> <ul style="list-style-type: none"> <li>• Referrals from parents, schools, etc.</li> <li>• For children with issues around anxiety, bullying, anger management, withdrawing behavior, etc.</li> </ul>	<u>Availability by phone:</u> - During working hours	Three Drives Family Resource Centre, Grenane Drive, Tipperary  <i>Covid 19 Protocols in place</i>	Children & young people, 4 – 18 years in Tipperary town	<i>Three Drives Family Resource Centre, Tipperary town</i>  <i>Tel. (062) 80831</i>
	<b>Play Therapy for children</b> <ul style="list-style-type: none"> <li>• As above</li> </ul>	<u>Availability by phone:</u> - During working hours  <b><i>Sliding scale charges apply</i></b>	Three Drives Family Resource Centre, Grenane Drive, Tipperary  <i>Covid 19 Protocols in place</i>	Children & young people, 4 – 18 years in Tipperary town	
Tipperary town	<b>Parenting Support (<i>Positive Parenting for Changing Families programme</i>)</b> <ul style="list-style-type: none"> <li>• One-to-One &amp; Couples</li> <li>• Support on parenting and family issues</li> <li>• Listening and referral service</li> </ul>	<ul style="list-style-type: none"> <li>• Mondays &amp; Wednesdays, 9 – 5 p.m., by appointment</li> </ul>	Knockanrawley Resource Centre, Tipperary  <i>Face-to-face or by phone / Zoom, at person's discretion</i>	Parents of children, 0 – 17 years, from Tipperary town and environs	<i>Helen Buckley, Parent &amp; Family Support Programme, Knockanrawley Resource Centre.</i> <i>Tel. (062) 52688</i>  <a href="mailto:helenbuckleykrc@gmail.com">helenbuckleykrc@gmail.com</a> <a href="mailto:knockcdp@gmail.com">knockcdp@gmail.com</a>



<b>Tipperary town</b>	<b>Parenting when Separated (<i>Parents Plus</i>)</b> <u>Group programme:</u> - solving co-parenting problems and coping with the emotional impact of separation for parents and children.	To commence in this period  6 weeks programme	Knockanrawley Resource Centre, Tipperary	Separated Parents of children & young people, 0 – 18 years from North Tipperary area	<i>Helen Buckley, Parent &amp; Family Support Programme, Knockanrawley Resource Centre.</i> <i>Tel. (062) 52688</i>  <a href="mailto:helenbuckleykrc@gmail.com">helenbuckleykrc@gmail.com</a> <a href="mailto:knockcdp@gmail.com">knockcdp@gmail.com</a>
	<b>Parent Club</b> (Peer support & Mentoring Group)	- Weekly session  - Wednesday, 10.30 – 12.30 p.m.	<i>Meeting By Zoom</i>	Parents in area of Tipperary town	
<b>Slieve Ardagh</b> (including Glengoole, Killenaule, Ballingarry, & Mullinahone)	<b>One-to-One Parenting Support</b> <u>Drop-in clinic:</u> - One-to-one - Parenting Support and Advice - A Listening Ear	<ul style="list-style-type: none"> <li>By appointment</li> </ul>	Millennium Family Resource Centre, Glengoole	Parents from Slieve Ardagh area	<i>Julie O'Halloran, Millennium Family Resource Centre</i>  <i>Tel. (052) 9157992</i>
	<b>Parents Plus Adolescents Programme</b> One-to-one parenting support including family sessions as required	<ul style="list-style-type: none"> <li>By appointment</li> </ul>	<i>Covid 19 Protocols in place</i>	Parents of children, aged 11 - 16 years, from Slieve Ardagh area	
	<b>Incredible Years Home Coaching Programme:</b> 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.	<ul style="list-style-type: none"> <li>10 week programme</li> <li>By referral from professionals</li> </ul>	Millennium Family Resource Centre, Glengoole <u>or</u> in the Home.  <i>Covid 19 Protocols in place</i>	Parents of children, aged 3 – 12 years from Slieve Ardagh area	

<b>Slieve Ardagh</b> <i>(including Glengoole, Killenaule, Ballingarry, &amp; Mullinahone)</i>	<b>Play Therapy service for children</b> <ul style="list-style-type: none"> <li>• Referrals from professionals and self-referral from parents</li> <li>• <b><i>Sliding scale charge applies</i></b></li> </ul>	<ul style="list-style-type: none"> <li>• Ongoing / As required</li> </ul>	Millennium Family Resource Centre, Glengoole  <i>Covid 19 Protocols in place</i>	Children, aged 4 – 14 years	<i>Julie O'Halloran, Millennium Family Resource Centre</i>  <i>Tel. (052) 9157992</i>
	<b>Parent Child Attachment Play (PCAP)</b> <ul style="list-style-type: none"> <li>- A gentle play-based approach aimed at improving the attachment quality of the parent-child relationship.</li> <li>- Uses child-oriented play with parents/carers and their children</li> <li>- Brings positive relationship change directly into the family home by empowering parents and carers as change agents.</li> <li>- PCAP practitioners work with the parent(s) or carer(s) and not directly with the child(ren).</li> </ul>	By Referral – this programme is aimed at parents who experience attachment issues with their child / children.		Parents of Children aged 3-15+	
	<b>Baby Bonding</b> <ul style="list-style-type: none"> <li>• Baby bonding classes are a special weekly session for parents to enjoy with their babies.</li> <li>• These are relaxed sessions, well-grounded in Attachment theory and research, helping to deepen the bond between parent and baby.</li> <li>• Parents and babies can have fun and relax using easy activities, baby strokes, simple rhymes and lullabies</li> </ul>	<ul style="list-style-type: none"> <li>• By referral</li> </ul>		Parents of young children at each of following stages: <ul style="list-style-type: none"> <li>- Bumps (28 + weeks pregnancy) to Crawling</li> <li>- Crawling to Toddling</li> <li>- Toddlers</li> </ul>	

### **Parent & Toddler Groups / Mother & Baby Groups**

<b>Newport</b>	<b>Walk and Talk Buggy Brigade</b> A Baby and Toddler Walk And Talk: a great way for Mums, Dads, Grandparents, and Carers to meet up and also get some fresh air and exercise.	Thursday Mornings 10.00am – 11.30am	<u>To meet at:</u> Newport Community Centre	Parents, Grand-parents and other carers of Babies & Toddlers.  <i>Social Distancing will be adhered to at all times</i>	Brigid Murphy, Community Mothers Programme, Silver Arch Family Resource Centre, Nenagh  Tel. 067 31800  Email: info@silverarchfrc.ie
<b>Ballina</b>		Friday Mornings 10.00am – 11.30	<u>To meet at:</u> The Bridge, Ballina		
<b>Borrisokane</b>		Wednesday Mornings 10.00am – 11.30am	<u>To meet at:</u> The Library, Borrisokane		

### **Parenting Talks/Workshops**

<u><b>Area</b></u>	<u><b>Subject of presentation &amp; Presenters</b></u>	<u><b>When</b></u>	<u><b>Venue</b></u>	<u><b>Contact</b></u>
<b>Co. Tipperary</b>	'Building Relationships and Resilience: A Practical Toolkit for Parenting Teens' (Webinar on Zoom)  Dr. Eddie Murphy, Clinical Psychologist and Mental Health Advocate	- Tuesday, 29 <sup>th</sup> September 2020, 7.00 – 8.00 p.m.	By Webinar	Silver Arch Family Resource Centre  Tel. (067) 31800  <a href="mailto:info@silverarchfrc.ie">info@silverarchfrc.ie</a>  <u>Booking essential</u>
	'Living with Uncertainty' - relating to the conditions of the Covid-19 pandemic and the anxieties generated. (Webinar on Zoom)  Dr. Eddie Murphy, Clinical Psychologist and Mental Health Advocate	- Wednesday, 21 <sup>st</sup> October 2020 7.00 – 8.00 p.m.	By Webinar	

<p><b>Co. Tipperary</b></p>	<p>'Art &amp; Mindfulness workshop' - Fun ways for parents to engage with their children to reduce stress and anxiety (Webinar on Zoom)</p> <p>Aisling Brennan, Art Therapist</p>	<p>Two viewings of same workshop:</p> <ul style="list-style-type: none"> <li>- Tuesday, 10<sup>th</sup> November, 10.30 – 11.30 a.m.</li> <li>- Thursday, 12<sup>th</sup> November, 7.00 – 8.00 p.m.</li> </ul>	<p>By Webinar</p>	<p>Silver Arch Family Resource Centre</p> <p>Tel. (067) 31800</p> <p><a href="mailto:info@silverarchfrc.ie">info@silverarchfrc.ie</a></p> <p><u>Booking essential</u></p>
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