

# Parenting Supports in Co. Tipperary: April - June 2022



WELCOME TO THE TIPPERARY CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEE PARENTING SUPPORT CALENDAR, APRIL - JUNE 2022. THE INFORMATION BELOW IS ORGANIZED UNDER 5 SECTIONS, AS FOLLOWS:

- Parenting Group Programmes
- Parenting Supports
- Parent, Baby & Toddler Groups
- Parenting Talks / Workshops
- On-line Resources

Covid-19 protocols may continue to dictate what kind of contact can take place so please confirm this with services.

<b><i>Parenting (Group) Programmes</i></b>					
<b><i>Area</i></b>	<b><i>Details of programme</i></b>	<b><i>Date of Commencement</i></b> <b><i>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>	<b>Parenting when Separated (Parents Plus)</b> Group programme: Solving co-parenting problems in a positive way that focuses on the needs of children	- Start date to be confirmed  - 6 weeks programme  <i>Open for referrals now</i>	<i>The programme will be run on-line</i>	Parents who are going through a separation, or have already separated.	<i>Fiona Naughnane, Silver Arch Family Resource Centre, Nenagh</i>  <i>Tel. (067) 41924</i> <i>087 – 7921883</i>

Northern section of Co. Tipperary	<p><b>Circle of Security Parenting:</b>  <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"> <li>- Understand their child's emotional world by learning to read emotional needs</li> <li>- Support their child's ability to successfully manage emotions</li> <li>- Enhance the development of their child's self-esteem</li> <li>- Help their child to feel secure</li> </ul>	<ul style="list-style-type: none"> <li>- To start on Friday 29<sup>th</sup> April 2022</li> <li>- 8 weeks</li> <li>- Friday mornings, 10.00 – 11.30 a.m.</li> </ul> <p><i>Open for referrals <b>now</b></i></p>	<p><i>The programme will be run on-line</i></p>	<p>Parents and carers of children and young people up to 16 years.</p>	<p><i>Fiona Naughnane,  Silver Arch Family Resource Centre,  Nenagh</i></p> <p><i>Tel. (067) 41924  087 – 7921883</i></p>
	<p><b>TLC Kidz Programme</b>  Groupwork programme for children and mothers, meeting in separate groups (<i>2 groups with children, one group for mothers</i>) who have experienced Domestic Violence.</p>	<p>To start in October 2022</p> <p>12 week programme</p> <p><i>Open for Referrals <b>now</b></i></p>	<p>Venue in North Tipperary, to be decided.</p>	<p>Children aged between 6 -16 years <u>and</u> their mothers from the North of the county.</p>	<p><i>Margaret Carroll Blake,  TLC Kidz Coordinator,  Barnardos Family Centre  Slievenamon Road, Thurles</i></p> <p><i>Tel. (0504) 20018  086 047 1042</i></p> <p><i>E-mail:  <a href="mailto:info@thurles.barnardos.ie">info@thurles.barnardos.ie</a></i></p>
Southern section of Co. Tipperary	<p><b>TLC Kidz Programme</b>  Groupwork programme for children and mothers, meeting in <u>separate</u> groups, who have experienced Domestic Violence.</p>	<ul style="list-style-type: none"> <li>- To start in September 2022</li> <li>- 12 week programme</li> </ul> <p><i>Open for Referrals <b>now</b></i></p>	<p>Venue to be decided</p>	<p>Children aged between 5 -16 years, and, <u>in particular those aged 8 – 10 years</u>, and their mothers from the South of the county.</p>	<p><i>Trish Keogh,  Barnardos Family Support project,  Clonmel.</i></p> <p><i>Tel. (052) 6170665  086 035 8532</i></p> <p><i>E-mail:  <a href="mailto:trish.keogh@barnardos.ie">trish.keogh@barnardos.ie</a></i></p>

<b>Tipperary town</b>	<p><b>Parents Plus ‘Children’s Programme’ (<i>Parents Plus</i>):</b>  <u>Group programme:</u></p> <ul style="list-style-type: none"> <li>- To develop a close and warm relationship with your child and to enjoy being their parent</li> <li>- To set rules and establish positive routines in the home</li> <li>- To manage difficult behaviour and discipline problems</li> <li>- To solve Childhood problems in a positive way that helps your child learn.</li> </ul>	<ul style="list-style-type: none"> <li>- To commence on Tuesday, 3<sup>rd</sup> May until 21<sup>st</sup> June 2022</li> <li>- 10.00 a.m. – 12.30 p.m.</li> <li>- 8 weeks</li> </ul>	Knockanrawley Resource Centre, Knockanrawley, Tipperary town	Parents of children, aged 6 – 11 years, from Tipperary town and environs	<p><i>Helen Buckley,</i>  <i>Knockanrawley Resource Centre, Tipperary town</i>  <i>Tel. (062) 52688</i></p> <p><i>Marian Clarke,</i>  <i>Three Drives Family Resource Centre</i>  <i>Tel. (062) 80831</i></p>
<b>Cashel</b>	<p><b>Parents Plus ‘Children’s Programme’ (<i>Parents Plus</i>):</b>  <u>Group programme:</u></p> <ul style="list-style-type: none"> <li>- To develop a close and warm relationship with your child and to enjoy being their parent</li> <li>- To set rules and establish positive routines in the home</li> <li>- To manage difficult behaviour and discipline problems</li> <li>- To solve Childhood problems in a positive way that helps your child learn.</li> </ul>	<ul style="list-style-type: none"> <li>- To commence on Tuesday, 26<sup>th</sup> April 2022</li> <li>- 10.00 a.m. – 12.00</li> <li>- 8 weeks</li> </ul>	Spafield Family Resource Centre, Cashel	Parents of children, aged 6 – 11 years, from Tipperary town and environs	<p><i>Fiona Hayes</i>  <i>Spafield Family Resource Centre, Cashel</i></p> <p><i>Tel. (062) 63622</i>  <a href="mailto:fhayes@spafieldfrc.ie">fhayes@spafieldfrc.ie</a></p>
<b>Clonmel</b>	<p><b>Triple P Group programme</b></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"> <li>- Start date: 28<sup>th</sup> April, 2022, 9.15am</li> <li>- 8 week programme: 4 (2 hour) group sessions and 4 phone consultations (15-30 mins).</li> </ul>	St Oliver’s School, Elm Park, Clonmel	Parents of children up to 12 years old	<p><i>Anna Henebery</i>  <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>

## **Parenting Supports**

<u><b>Area</b></u>	<u><b>Details of services</b></u>	<u><b>When</b></u>	<u><b>Venue</b></u>	<u><b>Target Group</b></u>	<u><b>Contact Details</b></u>
<b>Northern section of Co. Tipperary</b>	<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>	Home Visits and by phone	Parents of children in the care of Túsla in the North of the county.	<p><i>Eileen Healy, Advocacy Worker, Silver Arch Family Resource Centre, Nenagh</i></p> <p><i>Tel.(067) 31800 087 134 0356</i></p>
	<p><b>Traveller Family Support project, North Tipperary Development Co.</b></p> <p>Support is provided to parents and families of the Travelling community in their own homes and neighbourhoods by phone and Home Visiting.</p>	Monday – Friday, 9.00 a.m. – 5.00 p.m.	Home Visits	Traveller families in the North of the county	<p><i>Traveller Programme Coordinator, North Tipperary Development Company, Main Street, Roscrea. Tel. (0505) 24166</i></p>
<b>North-West section of Co. Tipperary (Newport, Borrisokane, Borrisoleigh, and Ballina)</b>	<p><b>Community Mothers Programme (Nenagh/Thurles):</b></p> <ul style="list-style-type: none"> <li>- Home Visits</li> <li>- Healthy Weaning workshops</li> <li>- Wellbeing &amp; Self-Care workshop</li> <li>- Infant Baby Massage</li> <li>- My Place to Play – encouraging play with babies</li> <li>- Mother &amp; Baby Groups</li> </ul>	Monday – Friday, 9.00 a.m. - 5.00 p.m.	As required	Families living in the areas listed with children from birth to pre-school age.	<p><i>Brigid Murphy, Community Mothers Programme, Silver Arch Family Resource Centre, Nenagh</i></p> <p><i>Tel. (067) 31800 087- 278 0029</i></p> <p><i>Email: <a href="mailto:info@silverarchfrc.ie">info@silverarchfrc.ie</a></i></p>

<p><b>Nenagh and surrounding area</b></p>	<p><b>North Tipperary Parents Support Project:</b> Providing support for parents with everyday life events including:</p> <ul style="list-style-type: none"> <li>- Parenting stress</li> <li>- Parental styles</li> <li>- Parenting through Separation</li> <li>- Peer group pressure</li> <li>- Childhood Stress and Anxiety</li> <li>- Social Media concerns</li> </ul> <p>Support is provided in one-to-one sessions, group parenting courses, themed parenting talks, workshops and seminars.</p>	<p>Monday – Friday, 9.00 a.m. – 5.00 p.m.</p>	<p>Silver Arch Family Resource Centre, 52 Silver Street, Nenagh</p> <p><i>Type of contact is dependent on Covid-19 restrictions</i></p>	<p>Parents from Nenagh, Borrisokane, Newport, Toomevara and surrounding areas</p>	<p><i>Fiona Naughnane, Silver Arch Family Resource Centre Nenagh.</i></p> <p><i>Tel (067) 31800 087 7921883</i></p>
<p><b>Nenagh</b></p>	<p><b>Community Mothers Programme (Nenagh/Thurles):</b></p> <ul style="list-style-type: none"> <li>- Home Visits</li> <li>- Healthy Weaning workshops</li> <li>- Wellbeing &amp; Self-Care workshop</li> <li>- Infant Baby Massage</li> <li>- My Place to Play – encouraging play with babies</li> <li>- Mother &amp; Baby Groups</li> </ul>	<p>Monday – Friday, 9.00 a.m. - 5.00 p.m.</p>	<p>As required</p>	<p>Families living in the areas listed with children from birth to pre-school age.</p>	<p><i>Brigid Murphy, Community Mothers Programme, Silver Arch Family Resource Centre, Nenagh</i></p> <p><i>Tel. (067) 31800 087- 278 0029</i></p> <p><i>Email: <a href="mailto:info@silverarchfrc.ie">info@silverarchfrc.ie</a></i></p>
<p><b>Roscrea</b></p>	<p><b>RYS Family Support service:</b></p> <ul style="list-style-type: none"> <li>• One-to-one support</li> <li>• Support on parenting issues</li> <li>• Delivery of parenting programs</li> <li>• Sign-posting parents to other RYS services as required such as youth counselling, LGBT* youth support, the youth project and RAY Youth Diversion Project.</li> </ul>	<ul style="list-style-type: none"> <li>- By appointment</li> <li>- Self-referral</li> <li>- Referral by professionals (<i>voluntary &amp; statutory</i>), incl. schools, Túsla, etc.</li> </ul>	<p>Roscrea Youth Service, Rosemary Street, Roscrea, E53 C859</p>	<p>Parents from Roscrea area</p>	<p><i>Rob Foley, Roscrea Youth Family Support Service Rosemary Street, North Tipperary Development Company, Roscrea</i></p> <p><i>Tel. (0505) 24462 087 620 0633</i></p> <p><i>E-Mail: <a href="mailto:rfoley@ntdc.ie">rfoley@ntdc.ie</a></i></p>

<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>	<p>In the Barnardos Centre <u>and</u> in Family home.</p> <p><i>Type of contact is dependent on Covid-19 restrictions level</i></p>	Parents of children, 0 – 17 years in Thurles Primary Care catchment area	<p><i>Barnardos Centre, Slievenamon Road, Thurles</i></p> <p><i>Tel. (0504) 20018</i></p>
	<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>Partnership with Parents –Birth to 2 Years</b> <u>One-to-one programme:</u> <ul style="list-style-type: none"> <li>- Developing parents' understanding of their child's needs &amp; development.</li> <li>- Improving their relationship with their child</li> <li>- Understanding their approach to parenting</li> <li>- Looking at the supports around them and how these can help with their parenting</li> </ul>	<ul style="list-style-type: none"> <li>• As required</li> </ul>		Parents of children aged 0 – 18 months in Thurles Primary Care catchment area	

<b>Thurles area</b>	<b>Community Mothers Programme (Nenagh/Thurles):</b> <ul style="list-style-type: none"> <li>- Home Visits</li> <li>- Healthy Weaning workshops</li> <li>- Wellbeing &amp; Self-Care workshop</li> <li>- Infant Baby Massage</li> <li>- My Place to Play – encouraging play with babies</li> <li>- Mother &amp; Baby Groups</li> </ul>	Monday – Friday, 9.00 a.m. - 5.00 p.m.	As required	Families living in the areas listed with children from birth to pre-school age.	<i>Brigid Murphy, Community Mothers Programme,</i> <i>Silver Arch Family Resource Centre, Nenagh</i>  <i>Tel. (067) 31800</i> <i>087- 278 0029</i> <i>Email: <a href="mailto:info@silverarchfrc.ie">info@silverarchfrc.ie</a></i>
<b>Templemore</b>	<b>Parenting Support</b> <ul style="list-style-type: none"> <li>• Advice, advocacy and information on Parenting issues</li> <li>• Support (<i>one to one and groups</i>) on issues affecting parenting</li> <li>• Support for young people and their families/carers on a range of issues</li> <li>• Signposting families to relevant services</li> </ul>	- Monday to Friday, 9.00 – 4.30 p.m.	More Family Support Project, Bank Street, Templemore  <i>Type of contact is dependent on Covid-19 restrictions level</i>	Families and Parents of children, aged 0 – 18 years, from Templemore and environs	<i>Mary Geoghegan, More Family Support Project, Youth Work Ireland Tipperary Templemore</i>  <i>Tel. (0504) 56641</i> <i>087-2642203</i>
	<b>Group activities</b> <ul style="list-style-type: none"> <li>- Women’s Art &amp; Craft Group</li> <li>- Men’s Group</li> <li>- Yoga and Mindfulness Groups</li> <li>- Parenting Programs &amp; Speakers</li> <li>- Workshops for children relating to emotional intelligence</li> <li>- ‘Life outside the school box’ peer parent support group for parents with children suffering school attendance anxiety.</li> </ul>	- To be organised in 2022  - Dependent on numbers registering	Various venues in Templemore	Adults in Templemore town and environs	<i>Mary Geoghegan, More Family Support Project, Youth Work Ireland Tipperary Templemore</i>  <i>Tel. (0504) 56641</i> <i>087 264 2203</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>- Mon. – Thurs. 10 – 5 p.m.</li> <li>- Drop In &amp; by Appointment</li> </ul>	Templemore Community Social Services Bank Street, Templemore (yellow door)	Parents of children aged 0-17 years in Templemore and environs	Sharon Dunne, Social Worker Templemore Community Social Services Bank Street, Templemore  Tel. (0504) 31244 083 160 6832 <a href="mailto:socialworktss@gmail.com">socialworktss@gmail.com</a>
<b>Southern section of Co. Tipperary</b>	<b>South Tipperary Parent Hub</b> A weekly Drop-In service for parents seeking: <ul style="list-style-type: none"> <li>- Parenting Advice</li> <li>- Information on Services</li> <li>- Parenting Support</li> </ul> Commences operation on 25 <sup>th</sup> April 2022	<b>Venues &amp; Dates:</b> <ul style="list-style-type: none"> <li>- <u>Spafield Family Resource Centre (FRC), Cashel:</u> Monday, 9.30 a.m. – 12.30 p.m. on 25<sup>th</sup> April; 23<sup>rd</sup> May; &amp; 20<sup>th</sup> June 2022</li> <li>- <u>Barnardos Family Support Project, Clonmel:</u> Wednesday, 9.30 a.m. – 12.30 p.m. on 27<sup>th</sup> April; 25<sup>th</sup> May; &amp; 22<sup>nd</sup> June 2022</li> <li>- <u>Three Drives FRC, Tipperary town:</u> Tuesday, 9.30 a.m. – 12.30 p.m. 3<sup>rd</sup> May; 31<sup>st</sup> May; &amp; 28<sup>th</sup> June 2022</li> <li>- <u>Clonmel Community Mothers Program:</u> Wednesday, 9.30 a.m. – 12.30 p.m. 4<sup>th</sup> May; 1<sup>st</sup> June; &amp; 29<sup>th</sup> June 2022</li> </ul>	Parents in South Tipperary	<ul style="list-style-type: none"> <li>- Text or Whatsapp: 087-1241231</li> <li>- Facebook: <a href="https://fb.me/southtipperaryparenthub">https://fb.me/southtipperaryparenthub</a></li> <li>- Email: <a href="mailto:southtipp.parentsclub@barnardos.ie">southtipp.parentsclub@barnardos.ie</a></li> </ul>	



<p><b>Southern section of Co. Tipperary</b></p>	<p><b>South Tipperary Parent Hub (cont.)</b>  A weekly Drop-In service for parents seeking:</p> <ul style="list-style-type: none"> <li>- Parenting Advice</li> <li>- Information on Services</li> <li>- Parenting Support</li> </ul>	<ul style="list-style-type: none"> <li>- <u>Foróige Neighbourhood Youth &amp; Family Project, Carrick-on-Siúir:</u>  Tuesday, 9.30 a.m. – 12.30 p.m.  10<sup>th</sup> May &amp; 7<sup>th</sup> June 2022</li> <li>- <u>Cashel Neighbourhood Youth &amp; Family Project:</u>  Tuesday, 11.00 a.m. – 2.00 p.m.  10<sup>th</sup> May &amp; 7<sup>th</sup> June 2022</li> <li>- <u>Millennium FRC, Glengoole:</u>  Wednesday, 9.30 a.m. – 12.30 p.m.  11<sup>th</sup> May &amp; 8<sup>th</sup> June 2022</li> <li>- <u>Knockanrawley Resource Centre, Tipperary town:</u>  Tuesday, 9.30 a.m. – 12.30 p.m.  17<sup>th</sup> May &amp; 14<sup>th</sup> June 2022</li> <li>- <u>Clonmel Community Resource Centre:</u>  Wednesday, 9.30 a.m. – 12.30 p.m.  18<sup>th</sup> May &amp; 15<sup>th</sup> June 2022</li> </ul>		<p>Parents in South Tipperary</p>	<ul style="list-style-type: none"> <li>- <i>Text or Whatsapp: 087-1241231</i></li> <li>- <i>Facebook:</i>  <a href="https://fb.me/southtipperaryparenthub">https://fb.me/southtipperaryparenthub</a></li> <li>- <i>Email:</i>  <a href="mailto:southtipp.parentsclub@barnardos.ie">southtipp.parentsclub@barnardos.ie</a></li> </ul>
<p><b>Southern section of Co. Tipperary</b></p>	<p><b>Teen Parent Support Programme (Positive Parenting for Changing Families programme)</b></p> <ul style="list-style-type: none"> <li>- One-to-One</li> <li>- Outreach service</li> </ul>	<ul style="list-style-type: none"> <li>• As required</li> </ul>	<p>Home Visits and by phone</p>	<p>Teen parents aged 19 years and under in the South of Co. Tipperary</p>	<p><i>Bernie Loughman,  St. Catherine's Community Services, Carlow</i></p> <p><i>Tel.085 1101511  (059) 9138700</i></p>

<p><b>Clonmel / Cahir/Cashel/ Carrick-on-Siúr/ Fethard and environs</b></p>	<p><b>Clonmel Community Mothers Programme</b>          Providing support and information through Community Mother Home Visiting, phone calls, Zoom and WhatsApp:</p> <ul style="list-style-type: none"> <li>• Infant Mental Health/Attachment</li> <li>• Ante-natal support</li> <li>• Newborn Observations</li> <li>• Breastfeeding support</li> <li>• Baby Massage</li> <li>• Child Development</li> <li>• Parenting support/Programmes</li> <li>• Therapeutic Play Skills</li> <li>• Mother &amp; Baby/Parent &amp; Toddler groups (<i>email for further information</i>)</li> </ul>	<ul style="list-style-type: none"> <li>• During working hours</li> </ul>	<p>Home Visiting, phone calls, Zoom, WhatsApp</p> <p><i>Type of contact is dependent on Covid 19 restrictions level</i></p>	<p>Parents of children, 0 – 5 years in Clonmel, Cahir, Carrick-on-Siúr, Cashel and Fethard, and surrounding areas</p>	<p><i>Jill Sandvoss, Clonmel Community Mothers Programme</i></p> <p><i>Tel. 086-8359912</i>  <i>Email: <a href="mailto:ccpspl@gmail.com">ccpspl@gmail.com</a></i></p> <p><i>Web-site: <a href="https://clonmelcommunitymother.ie/">https://clonmelcommunitymother.ie/</a></i></p>
<p><b>Clonmel</b></p>	<p><b>Barnardos Family Support Project</b> is a community based project in Clonmel offering support and advice to families experiencing a difficult period.</p>	<p>During working hours</p>	<p>Barnardos Family Support Project, Elm Park, Clonmel</p>	<p>Parents/Carers living in Clonmel and its environs.</p>	<p><i>Barnardos Family Support Project, Clonmel</i></p> <p><i>Tel: (052) 6170665</i></p>
	<p><b>Partnership with Parents</b>          To support parents to build their parenting skills, and to strengthen relationships.</p>	<p>During working hours</p>	<p><i>Type of contact is dependent on Covid-19 restrictions level</i></p>	<p>Parents of children and teenagers, 0-17 years</p>	

<b>Clonmel</b>	<b>Partnership with Parents –Birth to 2 Years</b> <u>One-to-one programme: (see above Barnardos services in Thurles)</u>	<ul style="list-style-type: none"> <li>As required</li> </ul>		Parents of children aged 0 – 18 months in Clonmel and surrounding areas	<i>Barnardos Family Support Project, Clonmel</i>  <i>Tel: (052) 6170665</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>  <ul style="list-style-type: none"> <li>Childcare subsidy</li> <li>Educational support</li> <li>Financial support towards books and school materials</li> </ul>	<ul style="list-style-type: none"> <li>During working hours</li> </ul>	Home Visits and phone calls	Expectant student mothers or student mothers in second level education in Carrick area.	<i>Una Conroy, Barnardos, 130 Clonard Park, Ballybeg, Waterford</i>  <i>Tel. (051) 844140</i> <i>una.conroy@barnardos.ie</i>
	<b>Non-Violent Resistance programme:</b> <u>One-to-one programme:</u> <ul style="list-style-type: none"> <li>To help parents to deal with Child to Parent violence</li> </ul>	<ul style="list-style-type: none"> <li>As required</li> </ul>	Carrick-on-Siúir Neighbourhood Youth & Family Project (Foróige) Carrick-on-Siúir	Parents of children, aged 10 – 17/18 years	<i>Carrick-on-Siúir Neighbourhood Youth &amp; Family Project (Foróige) Carrick-on-Siúir</i>
<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>		Parents of children, aged 6 – 16 years	<i>Siobhán Clifford:</i> <i>Tel. 086-833 1886</i>

<b>Cashel</b>	<b>Parenting Support (<i>Parents Plus Children, Adolescent and Parenting when Separated</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	Parents of children, 2– 16 years from Cashel area	<i>Fiona Hayes</i> Spafield Family Resource Centre, Cashel  Tel. (062) 63622 <a href="mailto:fhayes@spafieldfrc.ie">fhayes@spafieldfrc.ie</a>
	<b>Parenting Support</b> <ul style="list-style-type: none"> <li>• Information and Advice on Parenting Issues.</li> <li>• One to One Support for Young People (10-24 years) and Parents.</li> <li>• Signposting and Referrals to Relevant Services.</li> </ul>	<ul style="list-style-type: none"> <li>• Monday – Friday</li> <li>• Drop-In or by appointment</li> </ul>	Cashel Neighbourhood Youth & Family Project, Hogan Sq. Cashel, Co. Tipperary, E25 YK09.	Families and parents of children aged 10-18 years in the Cashel and surrounding area	<i>Amanda Farrell,</i> Youth Work Ireland Tipperary, Hogan Square, Cashel  Tel. (062) 52604 <a href="mailto:amanda.farrell@youthworktipperary.ie">amanda.farrell@youthworktipperary.ie</a>
<b>Tipperary town</b>	<b>Parenting Support</b> <ul style="list-style-type: none"> <li>• One-to-one</li> <li>• Advice on parenting</li> <li>• Support on parenting and family issues</li> </ul>	<ul style="list-style-type: none"> <li>- Monday - Friday</li> <li>- By appointment</li> </ul>	Three Drives FRC, Grenane Drive Tipperary town	Parents of children and young people in Tipperary town	<i>Marian Clarke,</i> Family Support Worker, Three Drives Family Resource Centre, Grenane Drive Tipperary town  Tel. (062) 80831  <a href="mailto:mcna3220@gmail.com">mcna3220@gmail.com</a>
	<b>Non-Violent Resistance programme:</b> <ul style="list-style-type: none"> <li>- To help parents to deal with Child to Parent violence</li> </ul>	<ul style="list-style-type: none"> <li>- Monday - Friday</li> <li>- By appointment</li> </ul> <i>Referrals from parents, schools, etc.</i>		Parents 10 - 18 years	
	<b>Art Therapy &amp; Play Therapy for children</b> <ul style="list-style-type: none"> <li>• For children with issues around anxiety, bullying, anger management, withdrawing behavior, etc.</li> </ul>	<ul style="list-style-type: none"> <li>- During working hours</li> </ul> <i>Referrals from parents, schools, etc.</i>  <b>Sliding scale charges apply</b>		Children & young people, 4 – 18 years in Tipperary town	

<b>Tipperary town</b>	<b>Parenting Support (<i>Parents Plus</i> and <i>Triple P</i> programmes)</b> <ul style="list-style-type: none"> <li>• One-to-One and Couples Parenting Support</li> <li>• Support on parenting and family issues</li> <li>• Listening and referral service</li> <li>• Non-Violent Resistance programme: To help parents to deal with Child to Parent violence</li> </ul>	<ul style="list-style-type: none"> <li>• Monday - Friday, 9 – 5 p.m., by appointment</li> </ul>	Knockanrawley Resource Centre, Tipperary town  <i>Type of contact is dependent on Covid-19 restrictions level</i>	Parents of children, 0 – 17 years, from Tipperary town and environs	<i>Helen Buckley, Parent &amp; Family Support Programme, Knockanrawley Resource Centre. Knockanrawley, Tipperary town.</i>  Tel. (062) 52688  <a href="mailto:helenbuckleykrc@gmail.com">helenbuckleykrc@gmail.com</a>
	<b>Parents Club</b> A peer group that have an opportunity to identify and have facilitated group supports that are beneficial to them, for example: Stress Management, Healthy Eating for Living, Parental Self-care etc.	<ul style="list-style-type: none"> <li>- Wednesday, 10 – 12.00 p.m.</li> <li>- Ongoing weekly sessions</li> </ul>	Knockanrawley Resource Centre, Tipperary town	Parents in Tipperary towns and environs	<a href="mailto:knockcdp@gmail.com">knockcdp@gmail.com</a>
	<b>Young Parents</b> - Drop In Support	<ul style="list-style-type: none"> <li>- Last Tuesday of each month</li> <li>- 11 – 12.30 p.m.</li> </ul> <i>Open for referrals now</i>	Knockanrawley Resource Centre, Tipperary town	Young parents, aged 16 – 24 years in Tipperary and environs.	
	<b>Rainbows Group programme</b> A programme with a peer support element for children experiencing parental separation and/or bereavement.	<ul style="list-style-type: none"> <li>- Commencement date to be confirmed</li> <li>- 10 weeks</li> </ul> <i>Open for referrals now</i>	Knockanrawley Resource Centre, Tipperary town	Children, aged 7 – 12 years	

<b>Slieve Ardagh area</b> <i>(including Glengoole, Killenaule, Ballingarry, &amp; Mullinahone)</i>	<b>One-to-One Parenting Support</b> <u>Drop-in clinic:</u> <ul style="list-style-type: none"> <li>- One-to-one</li> <li>- Parenting Support and Advice</li> <li>- A Listening Ear</li> </ul>	- By appointment	Millennium Family Resource Centre, Glengoole	Parents from Slieve Ardagh area	<i>Mary Grace, Millennium Family Resource Centre, Glengoole</i>  <i>Tel. (052) 915 7992</i>  <i>E-mail: <a href="mailto:familysupport@mfrc.ie">familysupport@mfrc.ie</a></i>
	<b>Parents Plus Early Years Programme (Parents Plus)</b> One-to-one parenting support including family sessions as required. <ul style="list-style-type: none"> <li>- To help parents have close connected relationships with their children</li> <li>- To support parents to bring their child up to be emotionally secure and happy.</li> </ul>	- By appointment		Parents of children, aged 1 - 6 years, from Slieve Ardagh area	
	<b>Parents Plus Children's programme Programme (Parents Plus)</b> One-to-one parenting support including family sessions as required. <ul style="list-style-type: none"> <li>- promoting confidence, learning and positive behaviour</li> </ul>	- By appointment		Parents of children, aged 6 - 12 years, from Slieve Ardagh area	
	<b>Circle of Security programme</b> Parents who participate in this programme learn to: <ul style="list-style-type: none"> <li>- Understand their child's emotional world by learning to read emotional needs</li> <li>- Support their child's ability to successfully manage emotions</li> <li>- Enhance the development of their child's self-esteem</li> <li>- Help their child to feel secure</li> </ul>	- By appointment		Parents of children, aged 4 months – 3 years, from Slieve Ardagh area	

<b>Slieve Ardagh area</b> <i>(including Glengoole, Killenaule, Ballingarry, &amp; Mullinahone)</i>	<b>Non-Violent Resistance programme:</b> <ul style="list-style-type: none"> <li>- To help parents to deal with Child to Parent violence.</li> </ul>	<ul style="list-style-type: none"> <li>- By appointment</li> </ul>	Millennium Family Resource Centre Glengoole	Parents / Carers of young people aged 11 upwards	<i>Mary Grace, Millennium Family Resource Centre, Glengoole</i>  <i>Tel. (052) 915 7992</i> <i>E-mail: <a href="mailto:familysupport@mfrc.ie">familysupport@mfrc.ie</a></i>
	<b>Creative Mindfulness</b> This programme introduces mindfulness to children in fun and creative ways. Through creativity, Arts & Crafts, stories, meditation, visualisation and discussion, children learn: <ul style="list-style-type: none"> <li>- How to calm and relax their minds</li> <li>- To focus and pay attention</li> <li>- To understand and express their thoughts and feelings</li> <li>- To cultivate kindness for themselves and others</li> </ul> Parents can bring this learning into the home environment to encourage positive relationships in the home.  <i>One to One work with parent and young person</i>	<ul style="list-style-type: none"> <li>- By appointment</li> </ul>		Parents/Carers and children aged 6-12 Years	
	<b>Play Therapy service for children</b>	<ul style="list-style-type: none"> <li>- As required</li> <li>- Referrals from professionals and self-referral from parents</li> </ul> <b><i>Sliding scale charge applies</i></b>		Children, aged 4 – 14 years	

<b>Slieve Ardagh area</b> (including Glengoole, Killenaule, Ballingarry, & Mullinahone)	<b>Baby Massage</b> Baby massage is a way of bonding with your baby and to help with baby's digestive issues, sleep and cognitive development  Two 5-week programmes, in Glengoole & Gortnahoe respectively	- April 2022 - 5-week programme	- Millennium Family Resource Centre, Glengoole  - Gortnahoe Community Hall, Gortnahoe	Babies from birth to 1 year	Mary Grace, Millennium Family Resource Centre, Glengoole  Tel. (052) 915 7992  E-mail: <a href="mailto:familysupport@mfrc.ie">familysupport@mfrc.ie</a>
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### **Parent & Toddler Groups / Mother & Baby Groups**

<u>Area</u>	<u>Details of services</u>	<u>When</u>	<u>Venue</u>	<u>Target Group</u>	<u>Contact Details</u>
<b>Co. Tipperary</b>	<b>Parent &amp; Toddler Groups:</b> - 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 <a href="#">web-link</a> below	Parents & Toddlers	<b>For full list of Parent &amp; Toddler Groups in the County, follow <a href="#">web-link</a> below</b>

**For full list of Parent & Toddler Groups in the County, please go to [Tipperary County Childcare Committee](http://tipperarychildcarecommittee.ie/parent-toddler-groups/) web link at:**

*Please note that due to Covid-19, there is no certainty about whether any individual Parent & Toddler Group will be running, so do phone the contact number to be sure*

<b>North of Co. Tipperary</b>	<b>Mother &amp; Baby Groups</b>	- In Q. 2, 2022  <b>Booking essential</b>	At locations in Newport, Ballina, Thurles, Nenagh, Borrisokane & Borrisoleigh	Mothers and babies, 0 – 10 months.	Brigid Murphy, Community Mothers Programme,  Silver Arch Family Resource Centre, Nenagh  Tel. (067) 31800 087- 278 0029 Email: <a href="mailto:info@silverarchfrc.ie">info@silverarchfrc.ie</a>
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<b>Tipperary town</b>	<b>Parent, Baby and Toddler group</b>	- Thursdays 10.00 -11.30 a.m.	Knockanrawley Resource Centre, Tipperary town	Parents and other carers of Babies & Toddlers.	<i>Helen Buckley, Parent &amp; Family Support Programme, Knockanrawley Resource Centre. Tipperary town.</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>Slieve Ardagh Area</b>	<b>Parents/Carers/Grandparents and bumps, babies and toddlers:</b> Meet up for a chat and a cup of tea – a great way for the babies and toddlers to socialise too.	- Thursdays 10.30 - 12.00 p.m.	Millennium Family Resource Centre, Glengoole	Parents, expectant parents, grandparents and other carers	<i>Mary Grace, Millennium Family Resource Centre, Glengoole</i>  <i>Tel. (052) 915 7992</i>  <i>E-mail: <a href="mailto:familysupport@mfr.ie">familysupport@mfr.ie</a></i>
<b>Cahir/ Ardfinnan/ Clonmel</b>	<b>Parent &amp; Toddler Groups</b>	- 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.		Parents and other carers of Toddlers.	<i>Maeve McCormack, Clonmel Community Mothers Programme</i>  <i>Tel. 087 196 5594</i>
<b>Clonmel</b>	<b>Clonmel Mother &amp; Baby Group:</b> - To meet other mothers of babies - Information and advice from Community Mothers staff available - Breast-feeding practitioner available	- Monday, 2.00 – 3.30 p.m.  - Weekly	Church of the Resurrection, Wilderness estate, Fethard Road, Clonmel	Mother and babies	<i>Jill Sandvoss, Clonmel Community Mothers Programme</i>  <i>Tel. 086 835 9912</i>

## Parenting Talks/Workshops

<u>Area</u>	<u>Subject of presentation &amp; Presenters</u>	<u>When</u>	<u>Venue</u>	<u>Contact</u>
<b>Co. Tipperary</b>	<p><i>'5 Things Parents Need to Know about Adolescent Self-Harm'</i></p> <p>Free on-line webinar for parents</p> <p><i>(Organised under auspices of Pieta, University College Dublin, and National Office for Suicide Prevention)</i></p>	Tuesday, 26 <sup>th</sup> April 2022, 7.00 – 8.00 p.m.	- On-line	<p>Register through Eventbrite at:</p> <p>Eventbrite page:  <a href="https://www.eventbrite.ie/e/311033659047">https://www.eventbrite.ie/e/311033659047</a></p>
<b>North of Co. Tipperary</b>	<p><u>'Healthy Weaning' workshops</u></p> <p>Information sessions on the benefits of Healthy Weaning including the following:</p> <ul style="list-style-type: none"> <li>• How do I know if my baby is ready for weaning?</li> <li>• How do I start weaning?</li> <li>• What food can my baby have while weaning</li> <li>• Stages of weaning.</li> <li>• Demonstration of suitable recipes by nutritionist</li> </ul> <p><i>Target Group: Parents of babies, aged 4 – 6 months</i></p>	<ul style="list-style-type: none"> <li>• Dates to be confirmed in Q. 2, 2022</li> </ul>	- Venues to be confirmed	<p><u>For further details:</u></p> <p><i>Brigid Murphy,</i>  <i>Community Mothers Programme,</i>  <i>Silver Arch Family Resource Centre, Nenagh</i></p> <p><i>Tel (067) 41922</i>  <i>087 278 0029</i></p> <p><i>Email: <a href="mailto:info@silverarchfrc.ie">info@silverarchfrc.ie</a></i></p>
	<p><u>Wellbeing and Self-Care workshops</u></p> <ul style="list-style-type: none"> <li>• For parents</li> </ul>	<ul style="list-style-type: none"> <li>• Dates to be confirmed in Q. 2, 2022</li> </ul>	- Venues to be confirmed	

<b>Tipperary town and environs</b>	<b>Parenting seminars (<i>Triple P</i> programme):</b> <ul style="list-style-type: none"> <li>• Positive parenting for Healthy Living</li> <li>• Healthy eating to promote children's wellbeing</li> <li>• Physical activity to promote children's wellbeing</li> </ul>	On the following dates: <ul style="list-style-type: none"> <li>- Monday, 16<sup>th</sup> May 2022</li> <li>- Monday, 23<sup>rd</sup> May 2022</li> <li>- Monday, 30<sup>th</sup> May 2022</li> </ul>	Knockanrawley Resource Centre, Tipperary town	<i>Helen Buckley,</i> <i>Knockanrawley Resource Centre.</i> <i>Tipperary town.</i>  Tel. (062) 52688  <a href="mailto:helenbuckleykrc@gmail.com">helenbuckleykrc@gmail.com</a>
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### **On-line Resources**

<i>Resource</i>	<i>Source</i>
<a href="https://www.tusla.ie/parenting-24-seven/">https://www.tusla.ie/parenting-24-seven/</a>	Túsla
<a href="https://www2.hse.ie/my-child/">https://www2.hse.ie/my-child/</a>	HSE
Mental Health & Wellbeing services: <a href="https://www2.hse.ie/wellbeing/mental-health/minding-your-mental-health-during-the-coronavirus-outbreak.html">https://www2.hse.ie/wellbeing/mental-health/minding-your-mental-health-during-the-coronavirus-outbreak.html</a> <a href="https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/news/supports-and-services-during-covid-19.html">https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/news/supports-and-services-during-covid-19.html</a>	HSE
<a href="https://www.barnardos.ie/resources/parents/parenting-advice">https://www.barnardos.ie/resources/parents/parenting-advice</a>	Barnardos
ASD support link: <a href="#">AsIAm and COVID-19 - AsIAm.ie - Ireland's National Autism Charity</a>	AsIAm, Ireland's national Autism Charity
' <i>In This Together Tipperary</i> ' has a range of resources to support all age groups in the community at this time. Follow the weblink: <a href="https://www.ppntipperary.ie/in-this-together-tipperary/">https://www.ppntipperary.ie/in-this-together-tipperary/</a>	<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'. <a href="https://www.tipperarycoco.ie/keepwell">https://www.tipperarycoco.ie/keepwell</a>	<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 <a href="http://www.tipperarychildrenandyoungpeopleservices.ie/">http://www.tipperarychildrenandyoungpeopleservices.ie/</a>	<i>Tipperary Children and Young People's Services Committee (CYPSC)</i>

A word cloud centered on the word "parenting". The word "parenting" is the largest and most prominent. Other words of varying sizes and orientations surround it, including "love", "advice", "laughter", "decisions", "fun", "responsibility", "pain", "patience", "joy", "struggle", "choices", and "exhaustion". The words are arranged in a roughly circular pattern around the central word.

parenting  
love  
advice  
laughter  
decisions  
fun  
responsibility  
pain  
patience  
joy  
struggle  
choices  
exhaustion