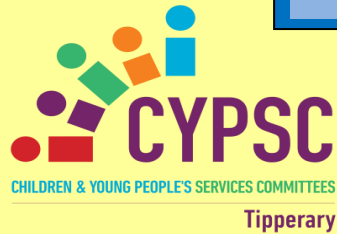


Parenting Supports in Co. Tipperary: September – December 2019



WELCOME TO THE TIPPERARY CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEE PARENTING SUPPORT CALENDAR, SEPTEMBER - DECEMBER 2019. 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

<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>
Northern section of Co. Tipperary	TLC Kidz Programme Concurrent groupwork programme for children and mothers who have experienced Domestic Violence. Children and mothers are in separate groups.	- To commence in Q. 4, 2019 - 12 weeks	Venue in North of the county to be confirmed	Children aged between 6-16 years <u>and</u> their mothers from the North of the county	<i>Margaret Carroll Blake</i> <i>Barnardos Centre, Thurles</i> <i>Tel. (0504) 20018</i> <i>086 0471042</i> <i>E-mail:</i> info@thurles.barnardos.ie

Northern section of Co. Tipperary	<p>Circle of Security <u>Group programme:</u> Parents will learn to:</p> <ul style="list-style-type: none"> - Understand their child's emotional world by learning to read emotional needs - Support their child's abilities to successfully manage emotions - Enhance the development of their child's self-esteem - Honour their own innate wisdom and desire for their child to be secure 	<ul style="list-style-type: none"> - To commence on Monday, 4th November 2019, 10 – 12.30 p.m. - 8 weeks - Limited places: booking essential 	Silver Arch Family Resource Centre, Silver Street, Nenagh	Parents of babies from 4 months to 4 years	<p><i>Brigid Murphy, Community Mothers Programme, Silver Arch Family Resource Centre, Nenagh</i></p> <p><i>Tel. (067) 31800 087 - 2780029</i></p>
	<p>Circle of Security: <u>Group programme:</u> This parenting course focuses on how parent – child relationships can be strengthened. It takes a unique approach to teach parents & guardians new ways to understand children's needs and behaviours. It offers effective ways to respond to these needs and behaviours.</p>	Commencement date in Q. 4, 2019 to be confirmed	Venue in Nenagh	Parents and carers of children and young people up to 16 years.	<p><i>Fiona Naughnane, Silver Arch Family Resource Centre, Nenagh</i></p> <p><i>Tel. (067) 41924 087 - 7921883</i></p>
	<p>'Parenting when Separated' (Parents Plus) <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 	- Commencement date in Q. 4, 2019 to be confirmed	Venue in Nenagh	Separated Parents of children & young people, 0 – 18 years from North Tipperary area	<p><i>Fiona Naughnane, Silver Arch Family Resource Centre, Nenagh</i></p> <p><i>Tel (067) 41924 087 7921883</i></p>

Northern section of Co. Tipperary	Parents Plus Adolescents Programme (<i>Parents Plus</i>) <u>Group programme:</u> <ul style="list-style-type: none"> - Getting to know and connecting with your teenager - Communicating positively and effectively - Building your teenager's self-esteem and confidence - Negotiating rules and boundaries - Teaching teenagers responsibility - Positive discipline for teenagers - Managing conflict - Solving problems together 	<ul style="list-style-type: none"> - To commence on Thursday, 7th November 2019 	Venue to be in Newport, Co. Tipperary	Parents/Carers of teenagers.	<i>Fiona Naughnane, Silver Arch Family Resource Centre, Nenagh</i> <i>Tel (067) 41924 087 7921883</i>
	<i>Strengthening Families Programme:</i> <u>Group programme:</u> <ul style="list-style-type: none"> - It aims to give parents and their children the opportunity to learn new, healthy communication skills that create positive relationships within families. These new skills also assist and reduce the risk of young people getting involved in adverse behaviours. - 3 strands of training: parent skills, teen skills, and Family Life Skills. 	<ul style="list-style-type: none"> - To start on <u>17th September 2019</u> - Tuesday evening, sitting for dinner at 6pm. - 14 weekly sessions 	<u>Venue:</u> St. Sheelan's College, Templemore <i>Transport will be provided if needed</i>	Teenagers, aged 12 – 16 years with parent or responsible adult, residing in <u>Northern part of the county.</u> Open to teenagers either with or without Substance Misuse issue	<i>Joe Slattery, Community Substance Misuse Team</i> <i>Tel. (061) 318904 086-4163509</i> <i>E-mail: jslattery@csmt.ie</i>

Southern section of Co. Tipperary	Parents Plus Adolescent Programme (<i>Parents Plus</i>): <u>Group Programme</u> <ul style="list-style-type: none"> - Connecting with your teenager - Communicating positively and effectively - Building your teenager's self-esteem and confidence - Negotiating rules and boundaries - Teaching teenagers responsibility - Solving problems together 	<ul style="list-style-type: none"> - Starting on Wednesday, 25th September 2019, 6.30 – 9.00 p.m. - 8 weekly sessions 	Venue in Clonmel	Parents/Carers of teenagers.	<i>Bernadette May & Fiona McCarthy</i> <i>Barnardos Family Support Project,</i> <i>140 Elm Park, Clonmel</i> <i>Tel. (052) 6170665</i> <i>E-mail:</i> info@clonmel.barnardos.ie
Tipperary town	<i>Positive Parenting:</i> <u>Group programme:</u> <ul style="list-style-type: none"> - Strengthening family relationships - Managing difficult behaviour 	<ul style="list-style-type: none"> - 6 weeks - September 23rd – October 28th 2019 - Monday, 10.30 – 12.30 p.m. 	Knockanrawley Resource Centre, Tipperary town	Parents of children, aged 0 – 12 years, from Tipperary town and environs	<i>Helen Buckley,</i> <i>Parent & Family Support Programme,</i> <i>Knockanrawley Resource Centre.</i> <i>Tel. (062) 52688</i>
Carrick-on-Siúir	Common Sense Parenting (<i>Boys Town Parenting programme</i>): <u>Group programme:</u> To help parents to: <ul style="list-style-type: none"> - Build Family Relationships - Deal with problem behaviour - Teach social skills - Promote self control 	To start in Q. 4, 2019, <i>depending on numbers</i>	Foróige NYP office, 16 Kickham Street, Carrick-on-Siúir	Parents of children, aged 6 – 16 years	<i>Foróige Neighbourhood Youth Project,</i> <i>Carrick-on-Siúir</i> <i>Siobhán Clifford:</i> <i>Tel. 086-8331886</i>
	Non-Violent Resistance programme: <u>One-to-one or group programme:</u> <ul style="list-style-type: none"> - To help parents to deal with Child to Parent violence 	To start in Q. 4, 2019, <i>depending on numbers</i>	Foróige NYP office, 16 Kickham Street, Carrick-on-Siúir	Parents of children, aged 10 – 17/18 years	

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 (includes Ballina Borrisokane Borrisoleigh Cloughjordan Newport Nenagh Portroe Rathcabban Thurles)	Community Mothers Programme (Nenagh /Thurles): <ul style="list-style-type: none"> - Parent, Toddler and Baby Groups (re-starting on week of 9th September 2019 after Summer break) - Parenting advice and information (Incredible Years Parent & Baby programme) - Infant Baby massage - Breast-feeding support - Healthy Weaning clinics (with PHN team) 	<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, Silver Arch Family Resource Centre Nenagh</i> 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 <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 	North Tipperary Community Services, 52 Silver Street, Nenagh	Parents of children in the care of Túsla in the North of the county.	<i>Eileen Healy, Advocacy Worker, Silver Arch Family Resource Centre, Nenagh</i> Tel.(067) 31800
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 	<ul style="list-style-type: none"> - 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</i> Tel.085 1101511 (059) 9138700

Southern section of Co. Tipperary	Barnardos Student Mothers' Group: <u>Support for young expectant mothers and young mothers to remain in second-level education:</u> <ul style="list-style-type: none"> - One to one work - Childcare subsidy - Educational support - Financial support towards books and school materials - Group work programmes and social events 	<ul style="list-style-type: none"> • As required 	In the home or in school	Expectant student mothers or student mothers in second level education in the South of the county	<i>Annette Dowling, Barnardos, 130 Clonard Park, Ballybeg, Waterford</i> <i>Tel. 087 6472019</i> info@wsm.barnardos.ie
Nenagh and surrounding area	North Tipperary Parents Support Project: Providing support for parents with everyday life events including: <ul style="list-style-type: none"> - Parenting stress - Parental styles - Parenting through Separation - Peer group pressure - Childhood Stress and Anxiety - Social Media concerns <p>Support is provided in one-to-one sessions, group parenting courses, themed parenting talks, workshops and seminars.</p>	<ul style="list-style-type: none"> • On-going 	Silver Arch Family Resource Centre, 52 Silver Street, Nenagh	Parents from Nenagh, Borrisokane, Newport, Toomevara and surrounding areas	<i>Fiona Naughnane, Silver Arch Family Resource Centre Nenagh.</i> <i>Tel (067) 41924 087 7921883</i>
Roscrea	Youth Family Support service: <ul style="list-style-type: none"> • Advice/information on parenting • Support on issues affecting parenting 	<ul style="list-style-type: none"> • As required 	- In the home or at venue of choice	Parents from Roscrea area	<i>Linda Dermody, North Tipperary Development Company</i> <i>Tel. (0505) 24462</i>

Templemore	Parenting Support <ul style="list-style-type: none"> • One-to-one advice/information on parenting • Support on issues affecting parenting • Family Support 	<ul style="list-style-type: none"> - Monday, Tuesday & Thurs., 9 a.m. – 5 p.m. - Wednesday, 9 - 12 - Drop-In & by Appointment 	Templemore Community Services Centre, Bank Street, Templemore	Parents of children aged 0-17 years in Templemore and environs	<i>Orlaith McDowell</i> <i>Templemore Community Social Services</i> Tel. (0504) 31244 socialworktss@gmail.com
	Parenting Support <ul style="list-style-type: none"> • One-to-One • Advice/ information on parenting • Support on issues affecting parenting 	<ul style="list-style-type: none"> • As required • Drop In 	In the home <u>or</u> in More Family Project office, Old Courthouse, Bank Street, Templemore	Families and Parents of children, 0 – 18 years, from Templemore and environs	<i>Stephanie O'Callaghan</i> <i>More Family Support Project.</i> Tel. (0504) 56641 087 2642203 stephanie.ocallaghan@youthworktipperary.ie
	Parents Plus - Early Years Programme: One-to-one <ul style="list-style-type: none"> • Tuning in to your child. • Play and Special Time • Establishing routines and rewards • Encouragement and talking about feelings • Using consequences to deal with misbehaviour • Teaching new skills and language • Time in and time out • Creative play and problem solving • Using stories to teach children • Parent self-care 	By appointment or referral.	More Family Project office, Old Courthouse, Bank Street, Templemore	Parents of children 1 - 6 years	

Templemore	<p>Parents Plus - Working Things Out Programme: (for adolescents) <u>One-to-one</u></p> <ul style="list-style-type: none"> • Getting along with parents • The key to solving problems • Managing feeling down • Developing helpful thinking strategies • Dealing with anger and conflict • Communication for building positive relationships • Making positive changes 	By appointment or referral	More Family Project office, Old Courthouse, Bank Street, Templemore	Adolescents aged 11-16 years	<p><i>Stephanie O'Callaghan</i> <i>More Family Support Project.</i></p> <p>Tel. (0504) 56641 087 2642203</p> <p>stephanie.ocallaghan@youthworktipperary.ie</p>
	<p>Life Outside the School Box: A parenting peer support group for parents of children of any age that are experiencing anxiety around school issues.</p>	- Meetings once per month		Parents of children of any age that are experiencing anxiety around school issues	
Thurles area	<p>Family Support to parents tailored around specific needs of children and family includes:</p> <ul style="list-style-type: none"> • Practical support • Crisis Management • Parent /child sessions • Manualised Parenting programme Partnership with Parents 	<ul style="list-style-type: none"> • As required Mon - Friday 	Barnardos Centre Thurles and in Family home	Parents of Children 0-18 in Thurles Primary Care Catchment area	<p><i>Barnardos Centre, Thurles</i></p> <p>Tel. (0504) 20018</p>
	<p>Partnership with Parents <u>One-to-one programme:</u></p> <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 	<ul style="list-style-type: none"> • As required 		Parents of children, 2 – 18, in Thurles Primary Care catchment area	

Thurles area	<p>Partnership with Parents –Birth to 2 Years <u>One-to-one programme:</u></p> <ul style="list-style-type: none"> - Developing parents' understanding of their child's needs & devt. - Improving their relationship with their child - Understanding their approach to parenting 	<ul style="list-style-type: none"> • As required 	Barnardos Centre, Thurles, and in Family Home	Parents of children aged 0 – 18 months in Thurles Primary Care catchment area	<p><i>Barnardos Centre, Thurles</i></p> <p><i>Tel. (0504) 20018</i></p>
Clonmel / Cahir/Cashel/ Carrick-on-Siúr/ Fethard	<p>Clonmel Community Mothers Programme Community Mother Home Visits providing:</p> <ul style="list-style-type: none"> - 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.	<p><i>Jill Sandvoss, Clonmel Community Mothers Programme</i></p> <p><i>Tel. (052) 6128199</i></p>
Clonmel	<p>Barnardos Family Support Project is intended to be a helping hand for children, young people & their families. This community-based project in Clonmel has been set up to offer support & advice to families experiencing a difficult period.</p>	Ongoing and for as long as needed.	Barnardos Clonmel Project or family home.	Any parents/carers living in Clonmel and surrounding area.	<p><i>Barnardos Family Support Project, Clonmel</i></p> <p><i>Tel. (052) 6170665</i></p>
	<p>Partnership with Parents <i>(see above)</i> Available on a one-to-one basis for parents</p>	<ul style="list-style-type: none"> • As required 		Parents of children and teenagers 0 – 17 years	

Clonmel	Partnership with Parents –Birth to 2 Years (see above) Available on a one-to-one basis for parents	<ul style="list-style-type: none"> As required 	Barnardos office, Clonmel	Parents of children aged 0 – 18 months	<i>Barnardos Family Support Project, Clonmel</i> <i>Tel. (052) 6170665</i>
Carrick-on-Siúir	Common Sense Parenting (Boys Town Parenting programme): <u>One-to-one</u> To help parents to: <ul style="list-style-type: none"> Build Family Relationships Deal with Problem Behaviour Teach Social Skills Promote Self Control 	<ul style="list-style-type: none"> As required 	Foróige NYP office, 16 Kickham Street, Carrick-on-Siúir	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>
	Non-Violent Resistance programme: <u>One-to-one programme:</u> <ul style="list-style-type: none"> To help parents to deal with Child to Parent violence 	<ul style="list-style-type: none"> As required 	Foróige NYP office, 16 Kickham Street, Carrick-on-Siúir	Parents of children, aged 10 – 17/18 years	
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"> Monday - Friday Drop-In or by appointment 	Spafield Family Resource Centre, Cashel	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>
Slieve Ardagh area	One-to-One Parenting Support <u>Drop-in clinic:</u> <ul style="list-style-type: none"> 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>

Slieve Ardagh area	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 and other areas as above.	<i>Julie O'Halloran, Millennium Family Resource Centre</i> <i>Tel. (052) 9157992</i>
	Play Therapy service for children	- Ongoing / As required - Referrals from professionals and self-referral from parents - Sliding scale charge applies -		Children, aged 3 – 14 years	
	Mindfulness for Children programme	- 6 week programme starting Wednesday, 18th September 2019 after school		Separate groups for children aged 5 – 8 and 9 – 12	
	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.	<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	

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

Tipperary town	Parenting Support (<i>Positive Parenting for Changing Families programme</i>) <ul style="list-style-type: none"> • One to One • Support on parenting and family issues • Listening and referral service 	<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. Tel. (062) 52688</i>
	Incredible Years Home Coaching Programme: One-to-one parenting programme with a focus on: <ul style="list-style-type: none"> - 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"> • 10 week programme • By referral from professionals 		Parents of children, aged 3 – 6 years	
	SHE Group: Lone Parent Group	<ul style="list-style-type: none"> - Weekly session - Thursday, 11 – 1 p.m. 		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. 		Parents in area of Tipperary town	
	Dads Matter Support Group for Fathers	To be delivered subject to demand		Fathers in area of Tipperary town	

Tipperary	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>
	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 management, withdrawing behavior, etc. 	<ul style="list-style-type: none"> As required <p><i>Sliding scale charges apply</i></p>		Children & young people, 4 – 18 years in Tipperary town	<i>Three Drives FRC, Tipperary town</i> <i>Tel. (062) 80831</i>
	Play Therapy for children <ul style="list-style-type: none"> As above 				

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	<u>Parent & Toddler Groups:</u> <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	<i>For full list of Parent & Toddler Groups in the County, follow web-link below</i>

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/>

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	- Re-starting after Summer break on week of <u>9/9/2019</u> - Weekly sessions - Ongoing	9 locations: In Ballina, Borrisokane, Borrisoleigh, Newport, Cloughjordan, Portroe, Nenagh, Rathcabban and Thurles.	Parents & Babies/ Toddlers	<i>Brigid Murphy, Community Mothers Programme, Silver Arch Family Resource Centre, Nenagh</i> <i>Tel. (067)41922 087 2780029</i>
Templemore	Baby and Toddler group	- Thursdays 10 - 11.30am during term time	Templemore Community Preschool 'Tiny Tots', Church Ave, Templemore (opposite fire station)	Parents, carers and babies / toddlers up to preschool age	<i>Orlaith McDowell, Templemore Community Social Services</i> <i>Tel. (0504) 31244</i> socialworktss@gmail.com
Littleton	Parent and Toddler group	- Re-starting on 18 th September 2019 - Wednesday mornings - Weekly sessions	Moycarkey Community and Sports Centre, Littleton	Parents, carers and toddlers	<i>Barnardos Centre</i> <i>0504 20018</i>
Clonmel & Cahir	Parent and Toddler groups: - 4 in Clonmel - 1 in Cahir	- Weekly	Contact for details	Parents, carers and toddlers	<i>Jill Sandvoss, Clonmel Community Mothers Programme</i> <i>Tel. (052) 6128199</i>
Slieveardagh Area - Killenaule	Parent & Toddler Group	- Tuesday mornings 10.30 am to 12.00, re-starting in September 2019	Hilltop Playschool Killenaule	Parents/Carers /Grandparents & babies/toddlers	<i>Julie O'Halloran Millennium Family Resource Centre Glengoole 052 9157992</i>

Tipperary	Parent, Toddler & Baby Group	<ul style="list-style-type: none"> - Tuesday mornings, 10 – 11.30 a.m. 	Knockanrawley Resource Centre, Tipperary	Parents/ carers /guardians, babies and toddlers from Tipperary town and environs.	<i>Helen Buckley, Parent & Family Support Programme, Knockanrawley Resource Centre. Tel. (062) 52688</i>
Carrick-on-Siúr	Parent & Toddler Group	<ul style="list-style-type: none"> - Tuesday mornings, 10 – 11.30 a.m. - Re-commencing on 10th September 2019 	Carrick-on-Siúr Community Resource Centre (Nano Nagle Centre), Carrick-on-Siúr	Parents/Carers / Grandparents & babies/toddlers	<i>Deirdre O'Dwyer, South Tipperary Development Company</i> <i>Tel. 086-1703473</i> <i>Sr. Bridget O'Keeffe, Carrick-on-Siúr Community Resource Centre</i> <i>Tel. (051) 642418</i>
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.	<ul style="list-style-type: none"> - Monday, 2 – 3.30 p.m. in Clonmel - Thursday, 10 – 11.30 a.m. in Cashel - Weekly sessions - Re-commencing on 1st week of September 2019 	In Cashel & Clonmel	Mothers & Babies	<i>Clonmel Community Mothers Programme</i> <i>Tel. (052) 6128199</i>

Parenting Talks/Workshops

<u>Area</u>	<u>Subject of presentation & Presenters</u>	<u>When</u>	<u>Venue</u>	<u>Contact</u>
Northern section of the county	'Why Young People find Drugs Attractive: An Insider's Perspective on Understanding and Responding' Joe Slattery, Addiction Counsellor & Equine Assisted Psychotherapist	- Thursday, 26 th September 2019, at 7.00 p.m.	Venue in Newport ETB College, Newport	Fiona Naughtnane, Silver Arch Family Resource Centre, Nenagh Tel (067) 41924 087 7921883
	'Parenting Anxious Children' John Sharry, Parents Plus	- To be confirmed	Venue in Nenagh	
Southern section of county	'Understanding Bullying' <u>Speaker:</u> Patricia Kennedy, Sticks & Stones Anti-Bullying programme	- Thursday, 3 rd October 2019 at 7.00 p.m. - Admission free	Millennium Family Resource Centre, Glengoole, Thurles. Co. Tipperary	Julie O'Halloran, Millennium Family Resource Centre Tel. (052) 9157992 083 - 1008075
	'Mental Health / Anxiety in Young Children' <u>Speaker:</u> Dr. Mary O'Kane	- Thursday, 17 th October 2019 at 7.00 p.m. - Admission free		
	'Internet Safety' Speaker from National Parents' Council	- Tuesday, 22 nd October 2019 at 7.00 p.m. - Admission free		

A word cloud centered on the word "parenting". The word "parenting" is the largest and most prominent. Other words of varying sizes are scattered around it, including "love", "advice", "laughter", "decisions", "fun", "responsibility", "pain", "patience", "joy", "struggle", "choices", and "exhaustion". The words are in shades of brown and green.

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