



Limerick Parenting Calendar: January – June 2019

The purpose the Limerick Parenting Calendar is to have a schedule of parenting programmes, events and workshops all listed in one place to make life that little bit easier for both parents and professionals.

It is divided into the following categories:

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Under each category, the listings are subdivided according to geography:

- East Limerick
- Limerick City
- West Limerick

All programmes listed fulfil the function of supporting parents in their role as a parent.

The Limerick Parenting Calendar includes parenting programmes, workshops and events only. Programmes for children and young people are not included.

If you wish to submit a listing to the Limerick Parenting Calendar, contact David Studer, Limerick CYPSC Coordinator – david.studer@tusla.ie

Go to www.loveparenting.ie for more information and links about children’s health and wellbeing, parenting and family support services.

****Please note** Any queries relating to a specific listing should contact the name identified on the listing.**

Parent Baby and Toddler Groups

There are many Parent Baby and Toddler Groups running across East Limerick, West Limerick and Limerick City. For a full listing of groups go to www.loveparenting.ie/baby-toddler-groups/ or contact Limerick Childcare Committee <http://www.limerickchildcare.ie/> / 061-600 918

Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
Parents of 0 – 5 Years					
East Limerick					
Croom	Paediatric first Aid and Weaning Course	Two-day course in March. Dates and times to be confirmed.	Croom Family Resource Centre High Street, Croom.	Parents/Guardians	To register Contact. Croom FRC Laura Bennett (061) 602878
Limerick City					
Garryowen	Incredible Years Parent and Baby programme This is an 8 week programme for parents & their babies that focus on the child's first year of life. The Incredible Years Infant programme supports parents and their babies in the following ways: learning how to observe and read babies' cues and signals; understanding babies as intelligent learners; learning about ways to provide physical and tactile stimulation for babies and its importance for brain development; understanding the importance of finding time for oneself to renew energy for parenting and build peer support networks. Parents learn about different ways to make their babies feel loved, safe and secure and how to encourage their baby's physical and language development	Starting Thursday 10 th January 9:30am - 12:30pm 8 weeks	Garryowen Community Development Project, 23 John's Street, Limerick	Parents of children aged 0 – 12 months (Baby also attends)	Eithne Egan Community Mother, Limerick Social Service Centre, 061-314111 Melissa Fitzgerald, Teen Parent Support Programme, Limerick Social Service Centre, 061-314111
Garryowen	Incredible Years Parent Programme This is a 14 week programme for parents of children aged 3 & over that supports parents	Starting Friday 18 th January	Garryowen Community Development	Parents of Children aged 3-8 years	Austin Newman 085-7560609

Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
	and builds optimal parenting skills. The programme focuses on strengthening children's social skills, emotional regulation and school readiness skills, using praise and incentives to encourage cooperative behaviour, positive discipline - rules, routines and effective limit setting. Parents learn to strengthen parent-child interactions and reduce harsh discipline. The programme also looks at self-care and establishing peer support networks.	14 week programme 9.30am – 12pm	Project, 23 John's Street, Limerick		
Ballynanty	<p>Incredible Years Toddler Parent Programme This is a 12 week programme for parents of toddlers aged 1-3 years. Parents learn about helping their toddler to feel loved and secure; encouraging their toddler's language, social and emotional development; establishing clear and predictable routines; handling separations and reunions and using positive discipline to manage misbehaviour. The programme also looks at self-care and establishing peer support networks.</p> <p><i>Facilitating with Barnardos</i></p>	<p>Starting Tuesday 22nd January 10 a.m. – 12 .30 p.m. 12 Weeks: 2 ½ hours per week.</p>	<p>Northside Family Resource Centre 26-28 Clonconnane Road Ballynanty Limerick</p>	<p>Parents of toddlers aged 1-3 years</p>	<p>Pat or Mary 061326623 patfitzpatrick@northsidefrc.ie</p>
Moyross	<p>Incredible Years Parent Programme This is a 14 week programme for parents of children aged 3 & over that supports parents and builds optimal parenting skills. The programme focuses on strengthening children's social skills, emotional regulation and school readiness skills, using praise and incentives to encourage cooperative behaviour, positive discipline - rules, routines</p>	<p>Starting Thursday 24th January 10:00am - 12:30pm 14 week programme <i>Coffee Morning on Thursday, January 17th</i></p>	<p>Watch House Cross Library, Limerick</p>	<p>Parents of Children aged 3-8 years</p>	<p>Aisling Burke, Child and Family Centre, 061-483692 Liz Dunworth, Community Mothers Coordinator, Limerick Social Service Council, 061-314111</p>

Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
	and effective limit setting. Parents learn to strengthen parent-child interactions and reduce harsh discipline. The programme also looks at self-care and establishing peer support networks.	<i>at 10:00am to find out more</i>			
Southill	<p>Baby Massage Baby Massage classes guide parents to use a specifically designed series of strokes that combine Indian and Swedish massage along with Reflexology techniques and some gentle Yoga based exercises into a routine designed to be beneficial for infants. Baby Massage is a beautiful tool parents/caregivers can use to establish a strong bond and create a healthy attachment.</p> <p>Baby Massage Instructors use dolls to demonstrate while parents/caregivers follow with their own baby.</p>	<p>Starting Thursday 24th January</p> <p>11.00am - 12.30pm</p> <p>5 Weeks</p>	Southill Health Centre, Limerick	<p>Parents of Babies from birth to 8 months</p> <p><i>Priority will be given to parents from ABC Start Right Target Areas (City Centre, Northside of Limerick City and Garryowen) and Southill</i></p>	<p>Referrals to abcreferrals@paulpartnership.ie Jeanne Ryan 061 419388 085 4152415</p>
City Centre	<p>Baby Yoga Fun, interactive workshop for parents and babies to get babies moving and stretching in ways that will help their physical and emotional development.</p>	<p>Starting Monday 28th January</p> <p>10.30am – 11.30am</p> <p>5 Weeks</p>	Barrack View Health Centre, Sarsfield Court, Lord Edward St, Limerick	<p>Parents of Babies from birth to 8 months</p> <p><i>Priority will be given to parents from ABC Start Right Target Areas (City Centre, Northside of Limerick City and Garryowen).</i></p>	<p>Referrals to abcreferrals@paulpartnership.ie Jeanne Ryan 061 419388 085 4152415</p>
Southill	<p>Incredible Years Parent Programme This is a 14 week programme for parents of children aged 3 & over that supports parents and builds optimal parenting skills. The programme focuses on strengthening</p>	<p>Starting Wednesday 30th January</p> <p>14 week programme</p>	Le Cheile National School, Roxboro Road, Limerick	Parents of Children aged 3-8 years	Eoghan O' Byrne 087-7631001

Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
	children's social skills, emotional regulation and school readiness skills, using praise and incentives to encourage cooperative behaviour, positive discipline - rules, routines and effective limit setting. Parents learn to strengthen parent-child interactions and reduce harsh discipline. The programme also looks at self-care and establishing peer support networks.	9am – 11.30am			
Ballynanty	<p>Baby Gentle Touch Reflexology Trained instructors will teach parents how to use gentle touch reflexology on their baby The therapeutic touch applied to certain parts of their hands and feet can have an effect on the whole child</p> <ul style="list-style-type: none"> -help improve their sleep, - reduce their irritability - relieve their physical discomfort - improve baby parent bonding <p><i>Facilitating with Linda Costello (ABC Start Right)</i></p>	<p>Starting Tuesday 12th February</p> <p>11a.m. – 12.30 p.m.</p> <p>5 Weeks: 1 ½ hours per week.</p>	<p>Northside Family Resource Centre 26-28 Clonconnane Road Ballynanty Limerick</p>	<p>Parents of Babies from birth to 8 months</p>	<p>Pat or Mary 061326623 marymulcahy@northsidefrc.ie</p>
City Centre	<p>Circle of Security Circle of Security is a parent-reflection program that uses an eight-chapter DVD to educate parents and caregivers.</p> <p>The program presents video examples of secure and problematic parent/child interaction, healthy options in care giving, and animated graphics designed to clarify principles central to COS.</p>	<p>Starting Tuesday, February 5th</p> <p>9:30am - 12:00pm</p> <p>8 week programme</p>	<p>Limerick Social Service Centre, Henry Street</p>	<p>Parents of children from 0-8 years of age</p>	<p>Maeve O'Doherty Community Mother, Limerick Social Service Centre, 061-314111</p> <p>Helen Ryan, Infant Mental Health Specialist ABC Start Right, PAUL Partnership, 061-314111</p>

Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
	<p>Circle of Security Parenting implements decades of attachment research in an accessible step-by-step process for use in group settings, home visitation, or individual counseling.</p> <p>The programme works with parents of children from babies up to the age of 8.</p>				
Moyross	<p>Baby Gentle Touch Reflexology Trained instructors will teach parents how to use gentle touch reflexology on their baby The therapeutic touch applied to certain parts of their hands and feet can have an effect on the whole child -help improve their sleep, - reduce their irritability - relieve their physical discomfort - improve baby parent bonding</p>	<p>Starting Wednesday 13th February 10.00am – 11.00am 5 Weeks: 1 ½ hours per week.</p>	<p>Watch House Cross Community Library, Moyross, Limerick</p>	<p>Parents of Babies from birth to 8 months <i>Priority will be given to parents from ABC Start Right Target Areas (City Centre, Northside of Limerick City and Garryowen).</i></p>	<p>Referrals to abcreferrals@paulpartnership.ie Jeanne Ryan 061 419388 085 4152415</p>
St. Gabriel's School and Centre	<p>Incredible Years Parent and Baby Programme This is an 8 week programme for parents & their babies that focus on the child's first year of life. The Incredible Years Infant programme supports parents and their babies in the following ways: learning how to observe and read babies' cues and signals; understanding babies as intelligent learners; learning about ways to provide physical and tactile stimulation for babies and its importance for brain development; understanding the importance of finding time</p>	<p>Date and Time TBC (see contact details for more info)</p>	<p>St. Gabriel's School and Centre, Springfield Drive, Dooradoyle, Limerick</p>	<p>Parents of children aged 0 – 12 months (Baby also attends) For Parents of children engaged with St Gabriel's Early Intervention Team</p>	<p>Maura Walsh 061-302733</p>

Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
	for oneself to renew energy for parenting and build peer support networks. Parents learn about different ways to make their babies feel loved, safe and secure and how to encourage their baby's physical and language development.				
City Centre	<p>Baby Gentle Touch Reflexology</p> <p>Trained instructors will teach parents how to use gentle touch reflexology on their baby</p> <p>The therapeutic touch applied to certain parts of their hands and feet can have an affect on the whole child</p> <ul style="list-style-type: none"> -help improve their sleep, - reduce their irritability - relieve their physical discomfort - improve baby parent bonding 	<p>Starting Monday 11th March</p> <p>10.30am - 11.30am</p> <p>4 Weeks</p>	Barrack View Health Centre, Sarsfield Court, Lord Edward St, Limerick	<p>Parents of Babies from birth to 8 months</p> <p><i>Priority will be given to parents from ABC Start Right Target Areas (City Centre, Northside of Limerick City and Garryowen).</i></p>	<p>Referrals to abcreferrals@paulpartnership.ie</p> <p>Jeanne Ryan 061 419388 085 4152415</p>
Ballynanty	<p>Incredible Years Parent and Baby Programme</p> <p>This is an 8 week programme for parents & their babies that focus on the child's first year of life. The Incredible Years Infant programme supports parents and their babies in the following ways: learning how to observe and read babies' cues and signals; understanding babies as intelligent learners; learning about ways to provide physical and tactile stimulation for babies and its importance for brain development; understanding the importance of finding time for oneself to renew energy for parenting and build peer support networks. Parents learn about different ways to make their babies</p>	<p>Starting Tuesday 19th March 2019</p> <p>10.00am – 12.30pm</p> <p>8 Weeks: 2.5 hours per week.</p>	Northside Family Resource Centre 26-28 Clonconnane Road Ballynanty Limerick	Parents of children aged 0 – 12 months (Baby also attends)	<p>Pat or Mary 061326623 marymulcahy@northsidefrfc.ie</p>

Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
	<p>feel loved, safe and secure and how to encourage their baby's physical and language development.</p> <p><i>Facilitating with Linda Costello (ABC Start Right) and a PHN</i></p>				
City Centre	<p>Incredible Years Parent and Toddler programme</p> <p>This is a 12 week programme for parents of toddlers aged 1-3 years. Parents learn about helping their toddler to feel loved and secure; encouraging their toddler's language, social and emotional development; establishing clear and predictable routines; handling separations and reunions and using positive discipline to manage misbehaviour. The programme also looks at self-care and establishing peer support networks.</p>	<p>Starting March</p> <p>Date and Time TBC (see contact details for more info)</p> <p>Morning</p> <p>12 weeks: 2.5 hours per week</p>	Limerick Social Service Centre, Henry Street	Parents of toddlers aged 1-3 years	Sandra Burke, Teen Parent Support Programme, Limerick Social Service Centre, 061-314111
Moyross	<p>Baby Yoga</p> <p>Fun, interactive workshop for parents and babies to get babies moving and stretching in ways that will help their physical and emotional development.</p>	<p>Starting Wednesday 1st May</p> <p>10.30am - 11.30am</p> <p>5 Weeks</p>	Watch House Cross Community Library, Moyross, Limerick	<p>Parents of Babies from birth to 8 months</p> <p><i>Priority will be given to parents from ABC Start Right Target Areas (City Centre, Northside of Limerick City and Garryowen).</i></p>	<p>Referrals to abcferrals@paulpartnership.ie</p> <p>Jeanne Ryan 061 419388 085 4152415</p>
City Centre	<p>Baby Massage</p> <p>Baby Massage classes guide parents to use a specifically designed series of strokes that combine Indian and Swedish massage along</p>	<p>Starting Thursday 2nd May</p> <p>10.30am - 11.30am</p>	Limerick Social Service Centre, Upper Henry Street, Limerick	<p>Parents of Babies from birth to 8 months</p> <p><i>Priority will be given to parents from ABC Start</i></p>	<p>Referrals to abcferrals@paulpartnership.ie</p> <p>Jeanne Ryan 061 419388</p>

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	<p>with Reflexology techniques and some gentle Yoga based exercises into a routine designed to be beneficial for infants. Baby Massage is a beautiful tool parents/caregivers can use to establish a strong bond and create a healthy attachment.</p> <p>Baby Massage Instructors use dolls to demonstrate while parents/caregivers follow with their own baby.</p>	5 Weeks		<i>Right Target Areas (City Centre, Northside of Limerick City and Garryowen).</i>	085 4152415
West Limerick					
Newcastle West	<p>Early Bird Programme For parents of toddlers and children with a recent diagnosis of ASD.</p>	<p>Held throughout the year (see contact details for more info)</p> <p>10 week programme</p>	West Limerick Children's Services, Newcastle West	<p>For parents of children between 2 – 6 years with a recent diagnosis of ASD.</p> <p><i>For Parents of children engaged with West Limerick Children's Services only</i></p>	<p>Aisling Finucane Clinical Manager</p> <p>Nicola Mc Mahon Social Work Team Leader</p> <p>06961919</p>
Newcastle West	<p>Group Stepping Stones Triple P Positive parenting programme for families with a child aged 2-12 that has a Disability.</p>	<p>Held throughout the year (see contact details for more info)</p> <p>9 week programme</p>	West Limerick Children Services, Newcastle West	<p>For parents of children between the ages of 2 – 12 years with a Disability</p> <p><i>For Parents of children engaged with West Limerick Children's Services only</i></p>	<p>Aisling Finucane Clinical Manager</p> <p>06961919</p>

Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
Parents of 6 – 12 years					
East Limerick					
Hospital	<p>Parenting Through Play Six week programme will support parents to learn how to identify and attuned to their child's needs, enhancing the parent-child relationship & communicate effectively through play.</p>	<p>Starting Friday 28th January 10.00am to 12.00pm 6 weeks</p>	<p>Hospital Family Resource Centre, Knockainey Rd., Hosptial, Co. Limerick.</p>	<p>Parents of children of playschool and primary school age.</p>	<p>Mary McGrath, Hospital FRC 061 383884</p>
Kilmallock	<p>Parents Plus Children's Programme An evidence-based parenting course promoting confidence, learning and positive behaviour in children aged 6 to 11 years.</p> <p>Parents Learn About:</p> <ul style="list-style-type: none"> • Solving childhood problems • Play and special time with children • Building children's self-esteem and confidence • Encouraging children's learning/supporting homework • Setting rules and helping children keep them • Establishing daily routines • Managing misbehaviour using consequences and sanctions 	<p>Starting Tuesday 5th February 7.00pm – 9.00pm 8 weeks</p>	<p>Ballyhoura Development, Coote Hall, Kilmallock</p>	<p>Parents of children 6-11 years old.</p>	<p>Laura Bennett Familysupport@croomfrc.com (061) 602878 Marian Clarke (063) 20517</p>

Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
	<ul style="list-style-type: none"> Problem solving/talking problems through with children 				
Hospital	Family Cookery class Parents and their children of primary School age. Covering topics on Cooking Skills, Healthy recipes, budgeting and food/meal & planning skills.	Date/Day to be confirmed. (see contact details for more info)	Youth Reach Hospital, Main St., Hospital, Co. Limerick.	Parents of children in primary school.	Martha Potter, Hospital FRC 087 2813341
Limerick City					
Moyross	Incredible Years Parent Programme This is a 14 week programme for parents of children aged 3 & over that supports parents and builds optimal parenting skills. The programme focuses on strengthening children's social skills, emotional regulation and school readiness skills, using praise and incentives to encourage cooperative behaviour, positive discipline - rules, routines and effective limit setting. Parents learn to strengthen parent-child interactions and reduce harsh discipline. The programme also looks at self care and establishing peer support networks.	Starting Thursday 24 th January 10:00am - 12:30pm 14 week programme <i>Coffee Morning on Thursday, January 17th at 10:00am to find out more</i>	Watch House Cross Library, Limerick	Parents of Children aged 3-8 years	Aisling Burke, Child and Family Centre, 061-483692 Liz Dunworth, Community Mothers Coordinator, Limerick Social Service Council, 061-314111
Southill	Incredible Years Parent Programme This is a 14 week programme for parents of children aged 3 & over that supports parents and builds optimal parenting skills. The programme focuses on strengthening children's social skills, emotional regulation and school readiness skills, using praise and incentives to encourage cooperative behaviour, positive discipline - rules, routines	Starting Wednesday 30 th January 14 week programme 9am – 11.30am	Le Cheile National School, Roxboro Road, Limerick	Parents of Children aged 3-8 years	Eoghan O' Byrne 087-7631001

Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
	and effective limit setting. Parents learn to strengthen parent-child interactions and reduce harsh discipline. The programme also looks at self-care and establishing peer support networks.				
Ballynanty	<p>Parents Plus Children's Programme An evidence-based parenting course promoting confidence, learning and positive behaviour in children aged 6 to 11 years.</p> <p>Parents Learn About:</p> <ul style="list-style-type: none"> • Solving childhood problems • Play and special time with children • Building children's self-esteem and confidence • Encouraging children's learning/supporting homework • Setting rules and helping children keep them • Establishing daily routines • Managing misbehaviour using consequences and sanctions • Problem solving/talking problems through with children 	<p>Starting Wednesday 6th March</p> <p>6.00pm – 8.00pm</p> <p>8 weeks: 2 hrs per week</p>	<p>Northside Family Resource Centre 26-28 Clonconnane Road Ballynanty Limerick</p>	<p>Parents of children 6-11 years old.</p>	<p>Pat or Mary 061326623 maryhughes@northsidefrc.ie</p>
West Limerick					
Askeaton	<p>Parents Plus Children's Programme An evidence-based parenting course promoting confidence, learning and positive behaviour in children aged 6 to 11 years.</p> <p>Parents Learn About:</p> <ul style="list-style-type: none"> • Solving childhood problems 	<p>Starting Thursday 28th February</p> <p>10.00am- 12.30pm</p> <p>2 ½ hours per week</p>	<p>Family and Community Hub at the Askeaton Community Centre, Askeaton, Co. Limerick</p>	<p>Parents of school age children, 6- 11 years</p>	<p>Shellie Murnane-ISPCC Shellie.Murnane@ispcc.ie Tel: 061 400077 Mob: 087 153 0001</p> <p>Mary McCall- LSSC</p>

Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
	<ul style="list-style-type: none"> • Play and special time with children • Building children's self-esteem and confidence • Encouraging children's learning/supporting homework • Setting rules and helping children keep them • Establishing daily routines • Managing misbehaviour using consequences and sanctions • Problem solving/talking problems through with children 	<i>Coffee Morning- 7th of February 2019 (10am – 11am) to find out more</i>			mary.mccall@lssc.ie Tel: 061 314111 Mob: 083 4079104 Niamh Keating at West Limerick Resources nkeating@wlr.ie Tel: 069 62222 Mob: 087 4477338
Newcastle West	Group Stepping Stones Triple P Positive parenting programme for families with a child aged 2-12 that has a Disability.	Held throughout the year (see contact details for more info) 9 week programme	West Limerick Children Services, Newcastle West	For parents of children between the ages of 2 – 12 years with a Disability <i>For Parents of children engaged with West Limerick Children's Services only</i>	Aisling Finucane Clinical Manager 06961919
Newcastle West	Early Bird Plus Programme For parents of children with a recent diagnosis of ASD attending school	Held throughout the year (see contact details for more info) 10 week programme	West Limerick Children's Services, Newcastle West	For parents of children between 7 – 11 years of age with a recent diagnosis of ASD attending school <i>For Parents of children engaged with West Limerick Children's Services only</i>	Aisling Finucane Clinical Manager Nicola Mc Mahon Social Work Team Leader 06961919

Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
Newcastle West	Cygnets Programme Parent Training for children with a diagnosis of Autism Spectrum Disorder (7 -11years of age)	Held throughout the year (see contact details for more info) 6 week programme	West Limerick Children Services. Newcastle West	For parents of children between 11 – 13 years of age with a recent diagnosis of ASD attending school <i>For Parents of children engaged with West Limerick Children's Services only</i>	Aisling Finucane Clinical Manager 06961919

Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
Parents of 13 – 18 years					
East Limerick					
Hospital	<p>Strengthening Families Programme The Strengthening Families Programme is a 14 session family skills training programme to help parents and their teenagers build new, healthy parent/child communication skills that build up positive relationships within families, address family behaviour management while allowing families to have fun in the process. For SFP purposes, a “Family” is one or more adults with long term responsibility for one or more teenagers.</p> <p>The programme consists of three skills courses (Parent skills training, Teenager skills training and Family life skills training). Before the programme begins, families and facilitators gather for a family meal and a chance to relax and get to know each other. In the first half of the session, parents and teenagers participate in separate groups focusing on different skills and in the second half families come together.</p>	<p>Starting Tuesday 15th January</p> <p>6.00pm - 8.30 pm</p> <p>Referrals – Ongoing.</p>	Hospital Family Resource Centre, Knockainey Rd., Hospital, Co. Limerick.	Parents and their teenagers aged between 12-16 years	Martha Potter, Hospital FRC 087 2813341
Croom	<p>Let’s Cook together Gives time to bond. Fosters reasonability and Independence. Boost self – esteem.</p>	<p>Starting Friday 25th January</p> <p>8 week course</p>	Colaiste Chiarain Home Economics Room.	Parents/Guardians and Teenagers	To register Contact. Croom FRC Laura Bennett (061) 602878

rea	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
Limerick City					
Ballynanty	<p>Parents Plus Adolescents Programme An evidence-based parenting course promoting effective communication and positive relationships in families with adolescents aged 11 to 16 years. The programme considers how parents can connect with and build good relationships with their teenage children, while also being firm and influential in their lives.</p> <p>Programme topics include</p> <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 	<p>Starting Wednesday 6th February</p> <p>10.00am – 12.00pm</p> <p>8 weeks: 2 hrs per week</p>	<p>Northside Family Resource Centre 26-28 Clonconnane Road Ballynanty Limerick</p>	<p>Parents of children 12-16 yrs</p>	<p>Pat or Mary 061326623 maryhughes@northsidefrc.ie</p>
West Limerick					

Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
Topic-based Parenting					
East Limerick					
Limerick City					
City Centre	<p>Parenting When Separated A practical and positive evidence-based course for parents who are preparing for, going through or have gone through a separation or divorce.</p> <p>Drawing on international long-term evidence, the Parenting when Separated Programme is a six week course that highlights practical steps parents can take to help their children cope and thrive as well as coping successfully themselves.</p> <p>Topics include:</p> <ul style="list-style-type: none"> • Solving co-parenting problems in a positive way that focus on the needs of children • Cope with the emotional impact of separation and learn stress management techniques 	<p>Starting in late January ((see contact details for more info)</p> <p>Six Week Programme</p>	Barnardos Islandgate (TBC)	Parents who are preparing for, going through or have gone through separation or divorce	Barnardos North, 061-329298 Limerick Social Service Centre, 061-314111

Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
	<ul style="list-style-type: none"> • Help your children cope with the impact of the separation both emotionally and practically • Enhance communication with their children and with their children's other parent 				
City Centre	<p>Relationships and Sexual Health Programme (with CBS and Nano Nagle but open to other referrals) A Programme for Parents of Teenagers that focuses on relationships within the teenage cycle, family, peers, romantic and sexual relationships. The programme content includes:</p> <ul style="list-style-type: none"> • Connecting with teenagers • Communication skills for dealing specifically with teenagers. • Encouraging independence • Self-discipline. • The programme also develops confidence in communicating with teenagers in the area of sexual health and well-being. 	<p>Starting Thursday 17th January</p> <p>Morning Programme; Time TBC (see contact details for more info)</p> <p>Six Week Programme</p>	CBS Sexton Street	Parents of Teenagers	Enda Keogh, Relationships and Sexual Health Project Worker, Limerick Social Service Centre. 061-314111
City Centre	<p>New Communities Parenting Group Provide peer support and support parents around cultural differences in parenting.</p> <p><i>Delivered with CBS and Nano Nagle but open to referrals</i></p>	<p>Beginning Early February</p> <p>Time TBC</p> <p>(see contact details for more info)</p>	CBS Sexton Street	Parents from New Communities	<p>Enda Keogh, Relationships and Sexual Health Project Worker, Limerick Social Service Centre. 061-314111</p> <p>Delivered in partnership with GOSHH</p>

Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
West Limerick					
Newcastle West	<p>Parenting When Separated A practical and positive evidence-based course for parents who are preparing for, going through or have gone through a separation or divorce.</p> <p>Drawing on international long-term evidence, the Parenting when Separated Programme is a six week course that highlights practical steps parents can take to help their children cope and thrive as well as coping successfully themselves.</p> <p>Topics include:</p> <ul style="list-style-type: none"> • Solving co-parenting problems in a positive way that focus on the needs of children • Cope with the emotional impact of separation and learn stress management techniques • Help your children cope with the impact of the separation both emotionally and practically • Enhance communication with their children and with their children's other parent 	<p>Starting Wednesday 27th March</p> <p>10.00am – 12.30pm</p> <p>6 weeks (with two week break over easter)</p>	Newcastlewest Community Hub	Parents who are preparing for, going through or have gone through separation or divorce	<p>Barnardos South, 061-319290</p> <p>Limerick Social Services Centre, 061-314111</p>
Newcastle West	<p>Hanen Programme For parents of children with speech and language difficulties</p>	<p>6 week programme</p> <p>Contact West Limerick Children's Services for next workshop date.</p>	West Limerick Children's Services, Newcastle West	<p>For parents of children with speech and language difficulties</p> <p>For Parents of children engaged with West Limerick Children's Services only</p>	<p>Aisling Finucane Clinical Manager</p> <p>Nicola Mc Mahon Social Work Team Leader</p> <p>06961919</p>

Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
Workshops / Supports					
East Limerick					
Hospital	Parenting Support This is a new parent support group which will provide information & training opportunities to parents across East Limerick.	Wednesday mornings 10.00am to 11.30am Weekly meetings	Hospital Family Resource Centre, Knockainey Rd., Hospital, Co. Limerick.	Parents of children, 0 – 18 years.	Hospital FRC - Martha Potter 087 2813341
Kilmallock	Parent Support	Starting Monday 25 th March 11.00am – 12.00pm Monthly meetings	Ballyhoura Development, Coote Hall, Kilmallock, Co. Limerick	Parents of children, 0 – 18 years.	Marian Clarke Ballyhoura Development mclarke@ballyhoura.org 063-20517
Hospital	SKiPS Special Kids Parents Support Group is a peer support group for parents, carers and family members that have a child with special needs.	3 rd Monday of each month 7.30 p.m.	Hospital Family Resource Centre, Knockainey Rd., Hospital, Co. Limerick.	Parents of children with special needs.	Hospital FRC – Mary McGrath 061 383884.
Limerick City					
City Centre	Toileting difficulties and training Parent Workshop	Wednesday 9 th January 10.00am – 12.00pm	Barrack View Primary Care Centre, Lord Edward St., Limerick	Parents, carers and guardians living in Limerick city and county	Limerick Primary Care Psychology Service 061-461789 / 061-461791
City Centre	Sleep from infancy to adolescence Parent Workshop:	Thursday 7 th February 10.00am – 12.00pm	Barrack View Primary Care Centre, Lord	Parents, carers and guardians living in Limerick city and county	Limerick Primary Care Psychology Service

Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
			Edward St., Limerick		061-461789 / 061-461791
City Centre	All about Screen Time for Toddlers Parent Workshop	Thursday 7 th March 10.00am – 12.00pm	Barrack View Primary Care Centre, Lord Edward St., Limerick	Parents, carers and guardians living in Limerick city and county	Limerick Primary Care Psychology Service 061-461789 / 061-461791
City Centre	The ins and outs of Bullying for Primary School Children Parent Workshop	Wednesday 3 rd April 10.00am – 12.00pm	Barrack View Primary Care Centre, Lord Edward St., Limerick	Parents, carers and guardians living in Limerick city and county	Limerick Primary Care Psychology Service 061-461789 / 061-461791
City Centre	Your Child's Self Esteem through their lifetime Parent Workshop	Wednesday 1 st May 10.00am – 12.00pm	Barrack View Primary Care Centre, Lord Edward St., Limerick	Parents, carers and guardians living in Limerick city and county	Limerick Primary Care Psychology Service 061-461789 / 061-461791
Southill	Weaning A practical workshop to introduce your baby to solid foods, usually when your baby is between 4-6 months old. During the weaning process, the baby will progress from breast milk or formula milk only to a fully mixed diet with foods of different textures and tastes.	Thursday 17 th January 11.00am – 12.30pm	Southill Health Centre, Limerick	Parents of Babies 0-6 Months <i>Priority will be given to parents from ABC Start Right Target Areas (City Centre, Northside of Limerick City and Garryowen).</i>	Referrals to abcreferrals@paulpartnership.ie Jeanne Ryan 061 419388 085 4152415
Moyross	Weaning A practical workshop to introduce your baby to solid foods, usually when your baby is between 4-6 months old. During the weaning	Wednesday 6 th February 11.00am – 12.30pm	Watch House Cross Community Centre, Moyross, Limerick	Parents of Babies 0-6 Months	Referrals to abcreferrals@paulpartnership.ie Jeanne Ryan 061 419388

Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
	process, the baby will progress from breast milk or formula milk only to a fully mixed diet with foods of different textures and tastes.			<i>Priority will be given to parents from ABC Start Right Target Areas (City Centre, Northside of Limerick City and Garryowen).</i>	085 4152415
City Centre	Weaning A practical workshop to introduce your baby to solid foods, usually when your baby is between 4-6 months old. During the weaning process, the baby will progress from breast milk or formula milk only to a fully mixed diet with foods of different textures and tastes.	Wednesday 13 th March 10.30am – 12.00pm	Barracks View Health Centre, Sarsfield Court, Lord Edward St, Limerick	Parents of Babies 0-6 Months <i>Priority will be given to parents from ABC Start Right Target Areas (City Centre, Northside of Limerick City and Garryowen).</i>	Referrals to abcreferrals@paulpartnership.ie Jeanne Ryan 061 419388 085 4152415
Moyross	Weaning A practical workshop to introduce your baby to solid foods, usually when your baby is between 4-6 months old. During the weaning process, the baby will progress from breast milk or formula milk only to a fully mixed diet with foods of different textures and tastes.	Wednesday 3 rd April 10.30am – 12.00pm	Watch House Cross Community Centre, Moyross, Limerick	Parents of Babies 0-6 Months <i>Priority will be given to parents from ABC Start Right Target Areas (City Centre, Northside of Limerick City and Garryowen).</i>	Referrals to abcreferrals@paulpartnership.ie Jeanne Ryan 061 419388 085 4152415
Garryowen	Weaning A practical workshop to introduce your baby to solid foods, usually when your baby is between 4-6 months old. During the weaning process, the baby will progress from breast milk or formula milk only to a fully mixed diet with foods of different textures and tastes.	Tuesday 7 th May 11.30am – 1pm	Garryowen CDP 23 John's Street, Limerick	Parents of Babies 0-6 Months <i>Priority will be given to parents from ABC Start Right Target Areas (City Centre, Northside of</i>	Referrals to abcreferrals@paulpartnership.ie Jeanne Ryan 061 419388 085 4152415

Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
				<i>Limerick City and Garryowen).</i>	
Moyross	<p>Weaning A practical workshop to introduce your baby to solid foods, usually when your baby is between 4-6 months old. During the weaning process, the baby will progress from breast milk or formula milk only to a fully mixed diet with foods of different textures and tastes.</p>	<p>Wednesday 5th June 10.30 – 11.30am</p>	<p>Watch House Cross Community Library, Moyross, Limerick</p>	<p>Parents of Babies 0-6 Months <i>Priority will be given to parents from ABC Start Right Target Areas (City Centre, Northside of Limerick City and Garryowen).</i></p>	<p>Referrals to abcreferrals@paulpartnership.ie Jeanne Ryan 061 419388 085 4152415</p>
City Centre	<p>Weaning A practical workshop to introduce your baby to solid foods, usually when your baby is between 4-6 months old. During the weaning process, the baby will progress from breast milk or formula milk only to a fully mixed diet with foods of different textures and tastes.</p>	<p>Wednesday 12th June 10.30-11.30am</p>	<p>Barracks View Health Centre, Sarsfield Court, Lord Edward St, Limerick</p>	<p>Parents of Babies 0-6 Months <i>Priority will be given to parents from ABC Start Right Target Areas (City Centre, Northside of Limerick City and Garryowen).</i></p>	<p>Referrals to abcreferrals@paulpartnership.ie Jeanne Ryan 061 419388 085 4152415</p>
City Centre	<p>Coping with teenagers' emotions Triple P Parent Discussion Group. The discussion groups are designed to provide an overview of the positive parenting principles for any interested parent. <i>Place must be reserved in advance.</i></p>	<p>Tuesday 5th February 10.00am – 12.00pm</p>	<p>Barrack View Primary Care Centre, Lord Edward St., Limerick</p>	<p>Parents of teenagers between 12 – 18 years</p>	<p>Limerick Primary Care Psychology Service 061-461789 / 061-461791</p>
City Centre	<p>Reducing Family Conflict</p>	<p>Tuesday 19th February</p>	<p>Barrack View Primary Care</p>	<p>Parents of teenagers between 12 – 18 years</p>	<p>Limerick Primary Care Psychology Service</p>

Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
	<p>Triple P Parent Discussion Group. The discussion groups are designed to provide an overview of the positive parenting principles for any interested parent.</p> <p>Place must be reserved in advance.</p>	10.00am – 12.00pm	Centre, Lord Edward St., Limerick		061-461789 / 061-461791
City Centre	<p>Getting teenagers to cooperate</p> <p>Triple P Parent Discussion Group. The discussion groups are designed to provide an overview of the positive parenting principles for any interested parent.</p> <p>Place must be reserved in advance.</p>	<p>Tuesday 5th March</p> <p>10.00am – 12.00pm</p>	Barrack View Primary Care Centre, Lord Edward St., Limerick	Parents of teenagers between 12 – 18 years	<p>Limerick Primary Care Psychology Service</p> <p>061-461789 / 061-461791</p>
City Centre	<p>Building Teenagers Survival Skills</p> <p>Triple P Parent Discussion Group. The discussion groups are designed to provide an overview of the positive parenting principles for any interested parent.</p> <p>Place must be reserved in advance.</p>	<p>Tuesday 19th March</p> <p>10.00am – 12.00pm</p>	Barrack View Primary Care Centre, Lord Edward St., Limerick	Parents of teenagers between 12 – 18 years	<p>Limerick Primary Care Psychology Service</p> <p>061-461789 / 061-461791</p>
Moyross	<p>Craft Workshop</p> <p>Using crafts to coach your children’s social skills</p>	<p>Friday 8th February</p> <p>10.30am – 12.00pm</p>	Watchouse Cross Library, Moyross	Parents & their children aged 0-5 years	Niamh Dalton 087-6703083
Moyross	<p>Craft Workshop</p> <p>Using crafts to coach your children’s persistence skills</p>	<p>Thursday 4th April</p> <p>10.30am – 12.00pm</p>	Watchouse Cross Library, Moyross	Parents & their children aged 0-5 years	Niamh Dalton 087-6703083

Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
Moyross	Craft Workshop Using crafts to coach your children's emotion & self-regulation skills	Tuesday ...11 th June 10.30am – 12.00pm	Watchouse Cross Library, Moyross	Parents & their children aged 0-5 years	Niamh Dalton 087-6703083
	Supporting Children and Young People whose Parents have Separated	Wednesday 27 th March 7.00pm	Children's Grief Centre, Westbourne, South Circular Road, Limerick	Parents who are preparing for, going through or have gone through separation or divorce	
West Limerick					
Newcastle West	Internet Safety for Parents This workshop is to provide parents with internet safety information for a child or young person with additional needs. Topics covered include: Online identity; Interacting with others; Online Privacy; User Interaction; Sexting; Emotional Impact; Online Permanence; Online Dangers; Simple Device Security; Tips for Parents	Tuesday 29 th January 7.00pm – 9.00pm	West Limerick Children's Services, Newcastle West	Parents of a child or young person with additional needs	West Limerick Children's Services 061-603 400
Newcastle West	Workshop for Parents on Understanding and Managing Children's Anxiety/ Worry Delivered by Carina McEvoy- Author of "Sometimes I worry about You" and the Parent Support book "Sometimes my child worries...what do I do?" This workshop aims to equip parents/ guardians/ carers/ teachers with quick short-term coping mechanisms that a parent can implement to aid a child experiencing worry/worries	Thursday 4 th April 7.00pm – 8.30pm (see contact details for more info)	Newcastle West Community Library,	Parents/ guardians/ professionals other interested parties suitable	Niamh Keating West Limerick Resources nkeating@wlr.ie 087 4477338/ 069-79113

Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
	A strong feature of this workshop is communication and the language used; this can be so powerful in terms of engaging children in a positive and effective way.				
Newcastle West	Sensory Workshop For Parents of children with sensory sensitivities	2 hour workshop Contact West Limerick Children's Services for next workshop date.	West Limerick Children's Services, Newcastlewest	For Parents of children engaged with West Limerick Children's Services only	Aisling Finucane Clinical Manager Nicola Mc Mahon Social Work Team Leader 06961919
Newcastle West	Fussy Feeders Workshop For parents of children that have feeding issues/restrictions	2 hour workshop Contact West Limerick Children's Services for next workshop date.	West Limerick Children's Services, Newcastlewest	For Parents of children engaged with West Limerick Children's Services only	Aisling Finucane Clinical Manager Nicola Mc Mahon Social Work Team Leader 06961919
Newcastle West	Transition to Primary School Workshop For parents of children with ASD starting Primary School	2 hour workshop Contact West Limerick Children's Services for next workshop date.	West Limerick Children's Services, Newcastlewest	For Parents of children engaged with West Limerick Children's Services only	Aisling Finucane Clinical Manager Nicola Mc Mahon Social Work Team Leader 06961919

Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
Events					
East Limerick					
Croom	Talk from Barry Joe McDonagh <i>East Limerick Family Support Network</i> presents Barry Joe McDonagh. Barry developed his anti-anxiety plan while studying at the University College of Dublin (UCD). His thoughts on anxiety and panic disorders were first published in 2001. Barry McDonagh will provide advice on ways to overcome anxiety and get people back to living life to the fullest.	Thursday 7 th March 7.00pm	Community Centre, Croom, Co. Limerick	Parents and Practitioners	To register Contact. Croom FRC Laura Bennett (061) 602878
Limerick City					
Dooradoyle	Pop Up @The Crescent Interactive workshops for parents and their young children. No Booking required.	Wednesday 20 th February 10.00am – 11.00am	Central Area of Crescent Shopping Centre	Parents and children up to 5 years of age	David Studer Limerick CYPSC Coordinator David.studer@tusla.ie 061-483453
Dooradoyle	Pop Up @The Crescent Interactive workshops for parents and their young children. No Booking required.	Wednesday 27 th March 10.00am – 11.00am	Central Area of Crescent Shopping Centre	Parents and children up to 5 years of age	David Studer Limerick CYPSC Coordinator David.studer@tusla.ie 061-483453
Dooradoyle	Pop Up @The Crescent Interactive workshops for parents and their young children. No Booking required.	Wednesday 17 th April 10.00am – 11.00am	Central Area of Crescent Shopping Centre	Parents and children up to 5 years of age	David Studer Limerick CYPSC Coordinator David.studer@tusla.ie 061-483453
Dooradoyle	Pop Up @The Crescent Interactive workshops for parents and their young children. This event is part of Tusla's Public Awareness Week. No Booking required.	Wednesday 15 th May 10.00am – 11.00am	Central Area of Crescent Shopping Centre	Parents and children up to 5 years of age	David Studer Limerick CYPSC Coordinator David.studer@tusla.ie 061-483453

Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
Dooradoyle	Pop Up @The Crescent Interactive workshops for parents and their young children. No Booking required.	Wednesday 19 th June 10.00am – 11.00am	Central Area of Crescent Shopping Centre	Parents and children up to 5 years of age	David Studer Limerick CYPSC Coordinator David.studer@tusla.ie 061-483453
West Limerick					
Newcastle West	We're Breastfeeding Friendly Limerick We're Breastfeeding Friendly aims to help improve the health and wellbeing of breastfeeding mothers, babies and their families through the development and promotion of breastfeeding friendly businesses, organisations and communities. This event will include workshops for parents and babies	Thursday 7 th March Time to be confirmed (see contact details for more info)	Newcastle West Community Library	Parents of babies	Niamh Keating West Limerick Resources nkeating@wlr.ie 087 4477338/ 069-79113



Parenting Limerick is an umbrella organisation composed of a network of groups which offer parenting and family support in Limerick city and county. Parenting Limerick is a sub-group of the Limerick Children and Young People's Services Committee (CYPSC).



Limerick CYPSC is part of a national initiative that brings together senior representatives of agencies that have a remit to deliver services to children, young people and their families around one table. Its purpose is to enhance the coordination of services and improve outcomes for children, young people and families.



Tusla Child and Family Agency is responsible for supporting and promoting the development, welfare and protection of children, and the effective functioning of families. Tusla provides a key operational role in the CYPSC initiative

