

# Parenting Supports in Co. Tipperary: April – June 2019

WELCOME TO THE TIPPERARY CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEE PARENTING SUPPORT CALENDAR, Q. 2, 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
- New Group programmes planned for later in 2019

## **Parenting (Group) Programmes**

<b><u>Area</u></b>	<b><u>Details of programme</u></b>	<b><u>Date of Commencement</u> <u>Duration</u></b>	<b><u>Venue</u></b>	<b><u>Target Group</u></b>	<b><u>Contact Details</u></b>
<b>Templemore</b>	<b>Incredible Years Baby Programme</b> <u>Group programme:</u> To promote: <ul style="list-style-type: none"> <li>- Social, emotional, physical and language development of babies</li> <li>- Positive and nurturing parenting styles and supportive parenting networks</li> </ul>	- To commence in Q. 2, 2019	Venue to be confirmed in Templemore	Parents and babies 0-12 months	Orlaith McDowell, Templemore Community Social Services,  Tel. (0504) 31244  Sara Leahy, More Family Project  Tel. (0504) 56641 087 2642203

<b>Clonmel</b>	<p><b>Parents Plus Early Years (<i>Parents Plus</i>):</b> <u>Group Programme:</u></p> <ul style="list-style-type: none"> <li>• Being a responsive parent</li> <li>• Child-centred play and communication</li> <li>• Supporting children's self-esteem and confidence</li> <li>• Promoting children's language and development</li> <li>• Helping children concentrate and learn</li> <li>• Building cooperation in young children</li> <li>• Establishing daily routines</li> <li>• Managing tantrums, misbehaviour and problems</li> </ul>	<ul style="list-style-type: none"> <li>- To start in May 2019</li> <li>- Friday, 11 – 1 p.m.</li> <li>- 8 weeks</li> </ul>	Clonmel Community Resource Centre, Kickham Street, Clonmel	Parents of children, aged 1 – 6 years	<p><i>Catherine Hanley, Clonmel Community Resource Centre</i></p> <p><i>Tel. 086-7528384 (052) 6129143</i></p> <p><i>E-mail: <a href="mailto:Catherine@clonmelcrc.ie">Catherine@clonmelcrc.ie</a></i></p>
<b>Carrick-on-Siúr</b>	<p><b>Common Sense Parenting (<i>Boys Town Parenting programme</i>):</b> <u>Group programme:</u> To help parents to:</p> <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>	To start in Q., 2019, <b><i>depending on numbers</i></b>	Foróige NYP office, 16 Kickham Street, Carrick-on-Siúr	Parents of children, aged 6 – 16 years	<p><i>Foróige Neighbourhood Youth Project, Carrick-on-Siúr</i></p> <p><i>Siobhán Clifford: Tel. 086-8331886</i></p>
	<p><b>Non-Violent Resistance programme:</b> <u>One-to-one or group programme:</u></p> <ul style="list-style-type: none"> <li>- To help parents to deal with Child to Parent violence</li> </ul>	To start in Q., 2019, <b><i>depending on numbers</i></b>	Foróige NYP office, 16 Kickham Street, Carrick-on-Siúr	Parents of children, aged 10 – 17/18 years	

<b>Carrick-on-Siúr</b>	<b>‘The Good Enough Parent’ (Family Communication &amp; Self-Esteem):</b> <u>Group programme:</u> <ul style="list-style-type: none"> <li>- Focusses on the challenges of parenting &amp; teenage development</li> <li>- Communication; Drugs &amp; Peer Pressure; Setting limits; Problem solving; Conflict Resolution; Self-Esteem.</li> </ul>	<ul style="list-style-type: none"> <li>- To start Tuesday, 2<sup>nd</sup> April 2019</li> <li>- Tuesday morning, 9.30 – 12.30 p.m.</li> <li>- 6 weeks, 2<sup>nd</sup> April – 7<sup>th</sup> May 2019</li> </ul>	Nano Nagle Community Resource Centre, Greenside, Carrick-on-Siúr	Parents of children, aged 9 – 17 years, from Carrick and environs	Rose Hearne & Liam Bolger, Facilitators, Parent Support Programme, Men’s Development Network, Waterford.  <u>Rose:</u> Tel. 086-8757832  <u>Liam:</u> Tel. 086-3897498
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## **Parenting Support**

<u>Area</u>	<u>Details of services</u>	<u>When</u>	<u>Venue</u>	<u>Target Group</u>	<u>Contact Details</u>
<b>Northern section of Co. Tipperary</b> ( includes Ballina Borrisokane Borrisoleigh Cloughjordan Kilcommon Moatfield Newport Nenagh Portroe Silvermines Thurles)	<b>Community Mothers Programme (Nenagh /Thurles):</b> <ul style="list-style-type: none"> <li>- Parent, Toddler and Baby Groups</li> <li>- Parenting advice and information (Incredible Years Parent &amp; Baby programme)</li> <li>- Infant Baby massage</li> <li>- Breast-feeding support</li> <li>- Healthy Weaning clinics (with PHN team)</li> </ul> <p><b>Closed for 2 weeks over Easter period, 15/4 – 28/4/2019</b></p>	<ul style="list-style-type: none"> <li>• As required</li> </ul>	Areas listed in column 1	Families living in the areas listed with children from birth to pre-school age.	Brigid Murphy, Community Mothers Programme, Silver Arch Family Resource Centre Nenagh  Tel. (067) 41922 087 2780029

<b>Northern section of Co. Tipperary</b>	<b>Partnership with Families project: Advocacy service for parents of children in the care of Túsla</b> <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>	<ul style="list-style-type: none"> <li>• Ongoing</li> </ul>	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>  <i>Tel.( 067) 31800</i>
<b>Southern section of Co. Tipperary</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>- One to one work</li> <li>- Childcare subsidy</li> <li>- Educational support</li> <li>- Financial support towards books and school materials</li> <li>- Group work programmes and social events</li> </ul>	<ul style="list-style-type: none"> <li>• As required</li> </ul>	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> <a href="mailto:info@wsm.barnardos.ie">info@wsm.barnardos.ie</a>
	<b>Family Advocacy Service: Support for Families of Children in the care of Túsla</b> The Family Advocate will: <ul style="list-style-type: none"> <li>- Help parents prepare for meetings about their child in care</li> <li>- Assist parents to put their points of view across at meetings</li> <li>- Accompany parents to meetings about their child</li> <li>- Help parents find information about relevant services</li> </ul>	Ongoing	Three Drives FRC, Grenane Drive, Tipperary town	Parents of children in the care of Túsla in the South of the county.	<i>Imelda Farrell, Three Drives FRC, Tipperary town</i>  <i>Tel. (062) 80831</i>

<b>Southern section of Co. Tipperary</b>	<b>Teen Parent Support Programme (<i>Positive Parenting for Changing Families programme</i>)</b> <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>	<ul style="list-style-type: none"> <li>- In the home <u>or</u> at venue of choice</li> </ul>	Teen parents aged 19 years and under in the South of Co. Tipperary	<i>Bernie Loughman, St. Catherine's Community Services, Carlow</i>  <i>Tel.085 1101511 (059) 9138700</i>
<b>Nenagh and surrounding area</b>	<b>North Tipperary Parents Support Project:</b> services for families in need of a range of supports: <ul style="list-style-type: none"> <li>- Counselling support</li> <li>- Referral to other services</li> </ul>	<ul style="list-style-type: none"> <li>• On-going</li> </ul>	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>
<b>Roscrea</b>	<b>Youth Family Support service:</b> <ul style="list-style-type: none"> <li>• Advice/information on parenting</li> <li>• Support on issues affecting parenting</li> </ul>	<ul style="list-style-type: none"> <li>• As required</li> </ul>	<ul style="list-style-type: none"> <li>- In the home <u>or</u> at venue of choice</li> </ul>	Parents from Roscrea area	<i>Linda Dermody, North Tipperary Development Company</i>  <i>Tel. (0505) 24462</i>
<b>Templemore</b>	<b>Parenting Support</b> <ul style="list-style-type: none"> <li>• Advice/information on parenting</li> <li>• Support on issues affecting parenting</li> </ul>	<ul style="list-style-type: none"> <li>- Monday, Tuesday &amp; Thurs., 10. – 5.30 p.m.</li> <li>- Drop-In &amp; by Appointment</li> </ul>	Templemore Community Services Centre, Bank Street, Templemore	Parents of children aged 0-18 years in Templemore and environs	<i>Orlaith McDowell Templemore Community Social Services</i>  <i>Tel. (0504) 31244</i>
	<b>Parenting Support</b> <ul style="list-style-type: none"> <li>• One-to-One</li> <li>• Advice on parenting</li> </ul>	<ul style="list-style-type: none"> <li>• As required</li> </ul>	Youthwork Ireland Tipperary, Old Courthouse, Bank Street, Templemore	Parents of children, 0 – 17 years	<i>Sara Leahy, More Family Project</i>  <i>Tel. (0504) 56641 087 2642203</i>

<b>Templemore</b>	<b>Life Outside the School Box:</b> <ul style="list-style-type: none"> <li>- A parenting peer support group for parents of children of any age that are experiencing anxiety around school issues.</li> </ul>	<ul style="list-style-type: none"> <li>- Meetings once per month</li> <li>- Next meeting, 10<sup>th</sup> April 2019, 7.30 – 8.30 p.m.</li> </ul>	As above	Parents of children of any age that are experiencing anxiety around school issues	<i>Sara Leahy, More Family Project</i>  <i>Tel. (0504) 56641 087 2642203</i>
<b>Thurles area</b>	<b>Partnership with Parents</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> Available on a <b>one-to-one</b> basis for parents	<ul style="list-style-type: none"> <li>• As required</li> </ul>	Barnardos Centre, Thurles, and in Family Home	Parents of children, 2 – 18, in Thurles Primary Care catchment area	<i>Barnardos Centre, Thurles</i>  <i>Tel. (0504) 20018</i>
	<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</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>• As required</li> </ul>	Barnardos Centre, Thurles, and in Family Home	Parents of children aged 0 – 18 months in Thurles Primary Care catchment area	
	Support to parents tailored around specific needs of children and family includes <ul style="list-style-type: none"> <li>• Practical support</li> <li>• Crisis Management</li> <li>• Parent /child sessions</li> <li>• Manualised Parenting programme Partnership with Parents</li> </ul>	As required Mon - Friday	Barnardos Centre Thurles and in Family home	Parents of Children 0-18 in Thurles Primary Care Catchment area	

Clonmel	<b>Partnership with Parents</b> <i>(see above)</i> Available on a <b>one-to-one</b> basis for parents	<ul style="list-style-type: none"> <li>As required</li> </ul>	Barnardos office, Clonmel	Parents of children and teenagers 0 – 17 years	<i>Barnardos Family Support Project, Clonmel</i>  <i>Tel. (052) 6170665</i>
	<b>Partnership with Parents –Birth to 2 Years</b> <i>(see above)</i> Available on a <b>one-to-one</b> basis for parents	<ul style="list-style-type: none"> <li>As required</li> </ul>	Barnardos office, Clonmel	Parents of children aged 0 – 18 months	
	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.	Ongoing and for as long as needed.	Barnardos Clonmel Project or family home.	Any parents/carers living in Clonmel and surrounding area.	
Carrick-on-Siúr	<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>	Foróige NYP office, 16 Kickham Street, Carrick-on-Siúr	Parents of children, aged 6 – 16 years	<i>Foróige Neighbourhood Youth Project, Carrick-on-Siúr</i>  <i>Siobhán Clifford:</i> <i>Tel. 086-8331886</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>	Foróige NYP office, 16 Kickham Street, Carrick-on-Siúr	Parents of children, aged 10 – 17/18 years	

<b>Clonmel / Cahir/Cashel/ Carrick-on-Siúr/ Fethard</b>	<b>Clonmel Community Mothers Programme</b> Community Mother Home Visits providing: <ul style="list-style-type: none"> <li>- Support &amp; Information re. Child Development &amp; Parenting</li> <li>- Ante-natal support</li> <li>- Breast-feeding support</li> <li>- Mother &amp; Baby Groups</li> <li>- Parent &amp; Toddler Groups</li> </ul>	<ul style="list-style-type: none"> <li>• As required</li> </ul>		Parents of children, 0 – 5 years in Clonmel, Cahir, Carrick-on-Siúr, Cashel and Fethard.	<i>Jill Sandvoss, Clonmel Community Mothers Programme</i>  <i>Tel. (052) 6128199</i>
<b>Cashel</b>	<b>Parenting Support (<i>Parents Plus Adolescent and Positive Parenting for Changing Families</i>)</b> <ul style="list-style-type: none"> <li>• One-to-One</li> <li>• Advice on Parenting</li> <li>• Listening &amp; Referral service</li> </ul>	<ul style="list-style-type: none"> <li>• Monday - Friday</li> <li>• 9.30 – 1.00 p.m.</li> <li>• Drop-In or by appointment</li> </ul>	Spafield Family Resource Centre, Cashel	Parents of children, 2– 16 years from Cashel area	<i>Deirdre O'Connor, Diane Buckley, Spafield Family Resource Centre, Old Road, Cashel Co. Tipperary Tel. (062) 63622</i>
<b>Slieve Ardagh area</b>	<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>	<ul style="list-style-type: none"> <li>• Monday, 9.30 a.m. – 12.30 p.m.</li> <li>• Weekly</li> </ul>	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>
	<b>Parents Plus Adolescents Programme</b> One-to-one parenting support including family sessions as required	By appointment or referral		Parents of children, aged 11 - 16 years, from Slieve Ardagh and other areas as above.	
	<b>Play Therapy service for children</b>	<ul style="list-style-type: none"> <li>- Ongoing / As required</li> <li>- Referrals from professionals and self-referral from parents</li> <li>- <b><i>Sliding scale charge applies</i></b></li> </ul>		Children, aged 3 – 14 years	



Slieve Ardagh area	<b>Incredible Years Home Coaching Programme:</b> One-to-one parenting programme with a focus on: <ul style="list-style-type: none"> <li>- Strengthening children's Social Skills, Emotional Regulation and School Readiness Skills.</li> <li>- Using Praise and Incentives to Encourage Co-operative Behaviour</li> <li>- Positive Discipline – Rules Routines &amp; Effective Limit Setting, Handling Misbehaviour.</li> </ul>	<ul style="list-style-type: none"> <li>• 10 week programme</li> <li>• By referral from professionals</li> </ul>	Millennium Family Resource Centre, Glengoole <u>or</u> in the Home.	Parents of children, aged 3 – 6 years, from Slieve Ardagh / Glengoole/ Killenaule/ Mullinahone/ Ballingarry	<i>Julie O'Halloran, Millennium Family Resource Centre</i>  <i>Tel. (052) 9157992</i>
	<b>Parent Child Attachment Play (PCAP)</b> <ul style="list-style-type: none"> <li>- A gentle play-based approach aimed at improving the attachment quality of the parent-child relationship.</li> <li>- Uses child-oriented play with parents/carers and their children aged 3-15+ years.</li> <li>- Brings positive relationship change directly into the family home by empowering parents and carers as change agents.</li> <li>- PCAP practitioners work with the parent(s) or carer(s) and not directly with the child(ren).</li> </ul>	By Referral – this programme is aimed at parents who experience attachment issues with their child / children.	Millennium Family Resource Centre Glengoole	Parents of Children aged 3-15+	

<b>Slieve Ardagh area</b>	<b>Baby Bonding</b> <ul style="list-style-type: none"> <li>Baby bonding classes are a special weekly session for parents to enjoy with their babies.</li> <li>These are relaxed sessions, well-grounded in Attachment theory and research, helping to deepen the bond between parent and baby.</li> <li>Parents and babies can have fun and relax using easy activities, baby strokes, simple rhymes and lullabies</li> </ul>	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"> <li>Bumps (28 + weeks pregnancy) to Crawling</li> <li>Crawling to Toddling</li> <li>Toddlers</li> </ul>	<i>Julie O'Halloran, Millennium Family Resource Centre</i>  <i>Tel. (052) 9157992</i>
<b>Tipperary town</b>	<b>Parenting Support (<i>Positive Parenting for Changing Families programme</i>)</b> <ul style="list-style-type: none"> <li>One-to-One</li> <li>Advice on parenting</li> </ul>	<ul style="list-style-type: none"> <li>As required</li> </ul>	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>
	<b>Parenting Support (<i>Positive Parenting for Changing Families programme</i>)</b> <ul style="list-style-type: none"> <li>As above</li> </ul>	<ul style="list-style-type: none"> <li>Ongoing basis</li> <li>Mondays &amp; Wednesdays by appointment</li> </ul>	Knockanrawley Resource Centre, Tipperary	Parents of children, 0 – 12 years, from Tipperary town and environs	<i>Helen Buckley, Parent &amp; Family Support Programme, Knockanrawley Resource Centre.</i> <i>Tel. (062) 52688</i>
	<b>SHE Group:</b> Lone Parent Group	<ul style="list-style-type: none"> <li>Weekly session</li> <li>Thursday, 11 – 1 p.m.</li> </ul>		Women who are Lone Parents in area of Tipperary town	
	<b>Parenting Club</b> (Peer support & Mentoring Group)	<ul style="list-style-type: none"> <li>Weekly session</li> <li>Wednesday, 10.30 – 12.30 p.m.</li> </ul>		Parents in area of Tipperary town	
	<b>Dads Matter</b> Support Group for Fathers	To be delivered subject to demand		Fathers in area of Tipperary town	

Tipperary town	<b>Art Therapy for children</b> <ul style="list-style-type: none"> <li>One-to-one</li> <li>Referrals from parents, schools, etc.</li> <li>For children with issues around anxiety, bullying, anger management, withdrawing behavior, etc.</li> </ul>	<ul style="list-style-type: none"> <li>As required</li> </ul> <b>Sliding scale charges apply</b>	Three Drives Family Resource Centre, Grenane Drive, Tipperary.	Children & young people, 4 – 18 years in Tipperary town	Three Drives FRC, Tipperary town  Tel. (062) 80831
	<b>Play Therapy for children</b> <ul style="list-style-type: none"> <li>As above</li> </ul>				

### **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	<b><u>Parent &amp; Toddler Groups:</u></b> <ul style="list-style-type: none"> <li>Structured groups where parents engage in play and dance with their toddlers</li> <li>Waiting lists apply in some cases</li> </ul>	<ul style="list-style-type: none"> <li>Weekly sessions</li> <li>Ongoing</li> </ul>	In various locations around the county: see <u>web-link</u> below	Parents & Toddlers	<b>For full list of Parent &amp; Toddler Groups in the County, follow <u>web-link</u> below</b>

**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	<b>Parent, Toddler &amp; Baby Groups</b> <ul style="list-style-type: none"> <li>Group Activities with parents &amp; children to enhance development of children through play, story-telling &amp; rhyme time</li> </ul>	<ul style="list-style-type: none"> <li>Weekly sessions</li> <li>Ongoing</li> </ul>	<b><u>10 locations:</u></b> In Ballina, Borrisokane, Nenagh, Portroe, Thurles, Moatfield, Borrisoleigh, Silvermines, Cloughjordan, & Newport.	Parents & Babies/ Toddlers	Brigid Murphy, Community Mothers Programme, North Tipperary Community Services  Tel. (067)41922 087 2780029
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<b>Littleton</b>	Parent and Toddler group	Wednesday mornings	Moycarkey Community and Sports Centre Littleton		<i>Barnardos Centre</i>  <i>0504 20018</i>
<b>Slieveardagh Area - Killenaule</b>	<b>Parent &amp; Toddler Group</b>	Tuesday mornings 10.30 – 12.00	St. Mary's Primary School <b>Killenaule</b>	Parents/Carers /Grandparents & babies/toddlers	<i>Julie O'Halloran</i> <i>Millennium Family Resource Centre Glengoole</i> <i>052 9157992</i>
<b>Tipperary</b>	<b>Parent, Toddler &amp; Baby Group</b>	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,</i> <i>Parent &amp; Family Support Programme, Knockanrawley Resource Centre.</i> <i>Tel. (062) 52688</i>
<b>Carrick-on-Siúr</b>	<b>Parent &amp; Toddler Group</b>	Tuesday mornings, 10 – 11.30 a.m.	Nano Nagle Centre, Carrick-on-Siúr	Parents/Carers / Grandparents & babies/toddlers	<i>Deirdre O'Dwyer,</i> <i>South Tipperary Development Company</i>  <i>Tel. 086-1703473</i>  <i>Sr. Bridget O'Keeffe,</i> <i>Nano Nagle Centre</i>  <i>Tel. (051) 642418</i>
<b>Cahir Cashel Clonmel</b>	<b>Mother &amp; Baby Groups:</b> To meet other parents of babies with Community Mothers on hand to provide support and information. <b><i>Breast-feeding practitioner</i></b> available.	- Weekly sessions  - Ongoing	In Cashel, Cahir, & Clonmel	Mothers & Babies	<i>Clonmel Community Mothers Programme</i>  <i>Tel. (052) 6128199</i>

## **Parenting Talks/Workshops**

<u><b>Area</b></u>	<u><b>Subject of presentation &amp; Presenters</b></u>	<u><b>When</b></u>	<u><b>Venue</b></u>	<u><b>Contact</b></u>
<b>Thurles</b>	Parenting Workshop On Positive behaviour management for parents of children aged 5 years upwards	May 2019 (Date to be confirmed)	Barnardos Centre, Slievenamon Road, Thurles	<i>Mags Hogan, Barnardos Centre, Thurles</i>  <i>Tel. (0504) 20018</i>
	'It takes the world to raise a child'. Speaker: Dr. Tony Humphreys, Consultant Clinical Psychologist	- Tuesday, 14 <sup>th</sup> May 2019, at 7.30 p.m.	Limerick Institute of Technology (LIT), Thurles	<i>Siobhán Brennan, Túsla, Civic Offices, Nenagh.</i>  <i>Tel. 067-46652 / 086-0103968</i>

## **Group programmes planned for later in the year**

<b>North Tipperary</b>	TLC Kidz programme Concurrent groupwork programme for children and mothers who have experienced domestic violence	- To start in <u>September 2019</u>  - Open for referrals	Venue to be decided	Children aged between 6-16 years <u>and</u> their mothers from the North of the county	<i>Margaret Carroll, Barnardos Centre, Thurles</i>  <i>Tel. 086 0471042</i>
<b>Clonmel</b>	<b>Parents Plus Adolescent Programme (Parents Plus):</b> <u>Group Programme</u>	- To run in <u>Autumn 2019</u>  - Open for referrals	Venue in Clonmel	Parents/Carers of teenagers.	<i>Bernadette May &amp; Carol McDonnell, Barnardos Family Support Project, 140 Elm Park, Clonmel</i>  <i>Tel. (052) 6170665</i>  <i>E-mail:</i> <a href="mailto:info@clonmel.barnardos.ie">info@clonmel.barnardos.ie</a>

