

# Psychology Parenting Support Clinic

Need some advice about your child's:

January  
Self-  
Esteem

February  
Toileting

March  
Anxiety

Come to our monthly parenting support clinic in  
**Barrack View Primary Care Centre,  
Lord Edward Street, Limerick.**

**The second Tuesday of every  
month between 10am – 1pm.**

The clinic is run by Dr. Helen Dempsey,  
Clinical Psychologist.

For more information or to book a slot  
contact us on 061 461791 or 061 461792.

Please note parents attend without children.

Topic January, 2020: **Self-Esteem**

 @CommHealthMW



Seirbhís Sláinte  
Níos Fearr  
á Forbairt

Building a  
Better Health  
Service

This is a free and confidential service run by HSE  
Psychology on a first come first served basis for  
parents living in Limerick City & County.