

Parent Programmes – from One Family

This summer One Family with the support of our colleagues across the sector are bringing to you Parents Summer Camp 2020

<https://onefamily.ie/education-development/parents-programmes/>

Usually at this time of year we would slow things down a little in relation to parent supports as children get the summer holidays. This year however we feel that many parents would welcome some ongoing support over the summer. We are delighted to offer you a series of zoom workshops in July. We are also delighted to be able to share two recorded parenting workshops from Bronagh Starrs: Parenting Anxious Children July 8th and Parenting Impulsive Teens July 21st - watch out on Facebook for the links.

We are also running our online parenting courses: Positive Parenting for Changing Families; Family Communications, coping with family life and teens; Parenting when Separated right through the summer. You can sign up today for €9.99. <https://onefamily.ie/education-development/parents-programmes/>. Our zoom parenting classes will resume the 1st September so watch our Facebook page for updates.

In the meantime we would suggest you also check out what your local Family Resource Centre is offering this summer <https://www.tusla.ie/services/family-community-support/family-resource-centres/> and the Irish Association of Relationship Mentors <https://iarm.ie/> also have registered parent and relationship mentors around the country.

One Family continue to accept referrals to our counselling, parenting and continued education supports.

We wish you all the best this summer.



Parents Summer Camp

7 July Taking Time Out for Me! The importance of self care for parents. Aoife Ryan Insight Matter	14 July Parenting Teens Bringing up responsible and happy teenagers. John Sharry Parents Plus	15 July Recognising our Trauma What has caused it? How to families and how we can move past this. Marguerite Woods JBRO Development Worker in SAOL
22 July Meditation in the Home Calm self can calm those around us. John Peelo Neighbourhood Youth Project	29 July Back to School How do I prepare for children going back? Anne Staunton Rainbows Ireland	E-Learning at One Family We have 5 courses to choose from, with additional support from our Parenting Team on request. Sign up online today through our website.

Email gkelly@onefamily.ie to book your FREE Zoom session

Logos: onefamily, Rainbows Ireland, TUSLA, ParentsPlus