



Limerick Parenting Calendar (January to June 2023)

(You can also download it [here](#))

The purpose of the Limerick Parenting Calendar is to have a schedule of parenting programmes, events and workshops all listed in one place. The Calendar includes parenting programmes, workshops and events only. Programmes for children and young people are not included. **All programmes listed fulfil the function of supporting parents in their role as a parent.**

The calendar only includes listings that are open for community referral. There are a wide range of parenting programmes that are delivered within services that do not feature here. For a comprehensive list of parenting and family support services, you can download the [Information on Parenting Support in Limerick](#) brochure.

Please Note: Some listings have not yet confirmed their start date or venues. If referring a parent to a listing, please ensure you have confirmed information about the programme with the contact person for that listing.

The calendar is divided into the following categories:

- Parent Baby and Toddler Groups
- Breastfeeding Supports
- Antenatal Parenting Programmes
- Parents of 0 – 5 Years
- Parents of 6 – 12 years
- Parents of 13 – 18 years
- Topic-based Parenting Programmes
- Parenting Workshops and Other Supports
- Other Supports for Parents

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

- East Limerick
- Limerick City
- West Limerick
- Online

Go to www.loveparenting.ie, www.parenting24seven.ie or www.mychild.ie for more information and links about children's health and wellbeing, parenting and family support services.

Kind Regards,

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