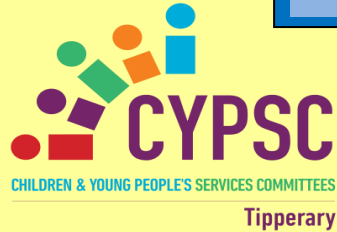


Parenting Supports in Co. Tipperary: January - April 2024



WELCOME TO THE TIPPERARY CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEE PARENTING SUPPORT CALENDAR, JANUARY - APRIL 2024. THE INFORMATION BELOW IS ORGANISED UNDER 5 SECTIONS, AS FOLLOWS:



- Parenting Group Programmes
- Parenting Supports
- Parenting Talks / Workshops
- Parent, Baby & Toddler Groups
- On-line Resources

Parenting (Group) Programmes

(All programmes are open for referrals)

<u>Area</u>	<u>Details of programme</u>	<u>Date of Commencement</u> <u>Duration</u>	<u>Venue</u>	<u>Target Group</u>	<u>Contact Details</u>
Northern section of Co. Tipperary	TLC Kidz Programme Groupwork programme for children and mothers who have experienced Domestic Violence and Abuse. <ul style="list-style-type: none"> - Two children's groups - One mothers' group 	12-week programme Check with service directly for up to date information	Check with service directly for up to date information	Children aged between 6 -18 years <u>and</u> their mothers from the North of the county.	Margaret Carroll Blake, Barnardos Family Support, Slievenamon Road, Thurles Tel. (0504) 20018 086 047 1042 E-mail: margaret.carroll@barnardos.ie

Northern section of Co. Tipperary	Circle of Security Parenting: <u>Group programme:</u> This unique programme is based on decades of research on how parent-child relationships can be supported and strengthened. Our trained facilitators will help parents who participate in this programme to: <ul style="list-style-type: none"> - Understand their child's emotional world by learning to read emotional needs - Support their child's ability to successfully manage emotions - Enhance the development of their child's self-esteem - Help their child to feel secure 	Check with service directly for up to date information	Check with service directly for up to date information	Parents and carers of children and young people up to 16 years	<i>Fiona Naughnane, Silver Arch Family Resource Centre Nenagh.</i> <i>Tel (067) 31800 087 7921883</i>
	Parents Plus 'Adolescents Programme' (Parents Plus): <u>Group programme:</u> <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 	Check with service directly for up to date information	Check with service directly for up to date information	Parents and carers of adolescents	

<p>Roscrea</p>	<p>Zones of Regulation programme: It is based on four colours to help children and young people self-identify how they are feeling and categorise it based on colour. It helps children to:</p> <ul style="list-style-type: none"> - Understand their emotions, sensory needs and thinking patterns - Learn different strategies to cope and manage their emotions. - Develop problem-solving skills - Become more attuned to how their actions affects others <p><i>Parents are invited to the first session to learn to utilise the tools used in the programme at home.</i></p> <p>Circle of Security Parenting</p> <p>An attachment based parenting education programme.</p>	<p><i>(Contact Kate or Caitlin for specific details)</i></p> <p>Check with service directly for up to date information on Zones of Regulation programme.</p>	<p>NTDC Liffey Building, Main Street Roscrea</p>	<p>Children and young people, aged 4 – 16/17 years, and their parents</p>	<p><i>North Tipperary Development Company - Roscrea Youth Family Support Service</i></p> <p><i>Tel. (0505) 24462</i></p> <p><i>Kate Flynn,</i> <i>Tel. 087-952 9041</i></p> <p><i>Caitlin Moyne,</i> <i>Tel. 087-709 1195</i></p>
<p>Southern section of Co. Tipperary</p>	<p>TLC Kidz Project</p> <p>Provides individual work and group work for children who have experienced childhood domestic abuse.</p> <p><i>Open for referrals now</i></p>	<p>Taking referrals on an on-going basis.</p>	<p>Decided between family and Project Coordinator</p>	<p>Children aged 5 - 18</p>	<p><i>Trish Keogh,</i> <i>TLC KIDZ Project Coordinator,</i> <i>Barnardos Family Support Project, 140 Elm Park, Clonmel.</i></p> <p><i>Tel. (052) 6170665</i> <i>086 035 8532</i> <i>Email: trish.keogh@barnardos.ie</i></p>

Tipperary town	Parents Plus 'Children's Programme' (<i>Parents Plus</i>): <u>Group programme:</u> <ul style="list-style-type: none"> - To develop a close and warm relationship with your child and to enjoy being their parent - To set rules and establish positive routines in the home - To manage difficult behaviour and discipline problems - To solve Childhood problems in a positive way that helps your child learn. 	Check with service directly for up to date information	Knockanrawley Resource Centre, Knockanrawley, Tipperary town	Parents of children, aged 6 – 11 years, from Tipperary town and environs	<i>Helen Buckley, Knockanrawley Resource Centre, Tipperary town Tel. (062) 52688</i>
Tipperary town and Clonmel	Triple P Group programme Broad-based parenting course for parents who are interested in learning a variety of parenting skills.	Check with service directly for up to date information	Knockanrawley Resource Centre, Knockanrawley, Tipperary town	Parents of children up to 12 years old	<i>Helen Buckley, Knockanrawley Resource Centre Tel. (062) 52688</i>
Tipperary Town	Parents under Pressure (PUP) Programme The PuP program is designed for families in which there are many difficult life circumstances that impact on family functioning. Such problems may include mental health challenges including trauma, substance misuse, family conflict and severe financial stress. The program is individually tailored to suit each family.	Check with service directly for up to date information.	Three Drives Family Resource Centre, 22/23 Greenane Drive, Tipperary Town, E34EE39	Parents/Grandparents/Couples/Guardians and Carers'. Parents preparing for Access and Reunification.	<i>Louise Mullins Family Support Worker Three Drives FRC</i> <i>Tel: 085 1247282 (062) 80831</i> <i>Email: louisethreedrivesfrc@gmail.com</i>

	<p>Parent Peer Support Group (ASD) A space for parents to meet and have a chat, share resources and provide peer support in a non-judgemental, supportive environment.</p>			Parents and Carer's of children with ASD.	
Clonmel	<p>Triple P Group programme</p> <p>Broad-based parenting course for parents who are interested in learning a variety of parenting skills.</p>	Check with service directly for up to date information	Check with service directly for up to date information	Parents of children up to 12 years old	<p><i>Barnardos Family Support Project</i> <i>Elm Park, Clonmel, Co. Tipperary</i></p> <p><i>Tel (086) 060 0589</i> <i>(052) 617 0665</i></p> <p><u>Email</u> <u>Southtipp.parentshub@barnardos.ie</u></p>
Cashel	<p>Parenting Support (<i>Parents Plus Children, Adolescent and Parenting when Separated</i>) – Group programmes</p> <p>Parents Plus for Parents of Children with Additional Needs</p>	Contact Spafield FRC for info	Spafield Family Resource Centre, Old Road, Cashel	Parents of children, 2– 16 years from Cashel area	<p><i>Fiona Hayes</i> <i>Spafield Family Resource Centre, Cashel</i></p> <p><i>Tel. (062) 63622</i></p> <p><u>Email</u> <u>fhayes@spafieldfrc.ie</u></p>
<u>Parenting Support</u>					
<u>Area</u>	<u>Details of services</u>	<u>When</u>	<u>Venue</u>	<u>Target Group</u>	<u>Contact Details</u>

North Tipperary	<p>Partnership with Families project: Advocacy service for parents of children in the care of Túsla</p> <ul style="list-style-type: none"> - To support parents to engage with Túsla and other relevant services - To support parents to have continued involvement with their children in care 	Check with service directly for up to date information	Check with service directly for up to date information	Parents of children in the care of Túsla in the North of the county.	<p><i>Eileen Healy, Advocacy Worker, Silver Arch Family Resource Centre, Nenagh</i></p> <p><i>Tel.(067) 31800</i></p>
North Tipperary	<p>Community Substance Misuse Team (CSMT) Drug and Alcohol Out-reach Clinic - aims to assist youths, families, and communities to develop effective and supportive coping strategies to deal with substance misuse in North Tipperary</p>	If you wish to make an appointment CSMT will endeavour to meet with you within two weeks.	Roscrea (NTDC) Nenagh (Silver Arch) Thurles (CTC)	Young people (13-24 years of age) & families impacted by someone's substance use	Billy O'Doherty, Community Substance Misuse Team. Tel: (061) 318904 or 0868106297 bodoherty@csmt.ie
North Tipperary (Newport, Borrisokane, Borrisoleigh, and Ballina)	<p>Community Mothers Programme (Nenagh/Thurles): Ongoing parenting support and information provided by experienced facilitators including:</p> <ul style="list-style-type: none"> - Home Visits - Healthy Weaning workshops - Wellbeing & Self-Care workshop - Infant Baby Massage - Attachment and bonding with your baby - My Place to Play – encouraging play with babies - Mother & Toddler/Baby groups - Circle of Security Face to Face parenting courses 	Check with service directly for up to date information.	<ul style="list-style-type: none"> - Home Visiting - Office appointments - Meeting in local venues - Phone calls <p>As required</p>	Families living in the areas listed with children from birth to pre-school age.	<p><i>Brigid Murphy, Community Mothers Programme, Silver Arch Family Resource Centre, Nenagh</i></p> <p><i>Tel. (067) 31800 087- 278 0029</i></p> <p><i>Email: info@silverarchfrc.ie</i></p>

Northern section of Co. Tipperary	Traveller Family Support project, North Tipperary Development Co. Support is provided to parents and families of the Travelling community in their own homes and neighbourhoods by phone and Home Visiting.	Monday – Friday, 9.00 a.m. – 5.00 p.m.	Home Visits and Office visits	Traveller families in the North of the county	<i>Traveller Programme Coordinator, North Tipperary Development Company, Main Street, Roscrea. Tel. (0505) 24166</i>
Nenagh and surrounding area	North Tipperary Parents Support Project: Providing support for parents with everyday life events including: <ul style="list-style-type: none"> - Parenting stress - Parental styles - Parenting through Separation - Peer group pressure - Childhood Stress and Anxiety - Social Media concerns Support is provided in one-to-one sessions, group parenting courses, themed parenting talks, workshops and seminars.	Check with service directly for up to date information	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) 31800 087 792 1883</i>
Nenagh	Community Mothers Programme Ongoing parenting support and information provided by experienced facilitators including: facilitators trained in Infant Mental Health supports include <ul style="list-style-type: none"> - Home Visits - Healthy Weaning workshops - Wellbeing & Self-Care workshop - Infant Baby Massage Attachment and bonding with your baby - Child Development 	Check with service directly for up to date information.	<ul style="list-style-type: none"> - Home Visiting - Office appointments - Meeting in local venues - Phone calls As required	Families living in the areas listed with children from birth to pre-school age.	<i>Brigid Murphy, Community Mothers Programme, Silver Arch Family Resource Centre, Nenagh</i> <i>Tel. (067) 31800 087- 278 0029</i> <i>Email: info@silverarchfrc.ie</i>

	<ul style="list-style-type: none"> - My Place to Play – encouraging play with babies - Mother and Toddler/Baby groups - Newborn Observations - Circle of Security Face to Face parenting courses 				
Roscrea	Roscrea Youth Service (RYS) Family Support service: <ul style="list-style-type: none"> - Advice on parenting - Support on issues affecting parenting - One-to-one with parents and children / young people - Sign-posting parents to other RYS services as required, including youth counselling, LGBT youth support, the youth project and RAY Garda Youth Diversion Project. - Weekly Drop-In for parents 	Check with service directly for up to date information	Check with service directly for up to date information	Parents from Roscrea area	<i>North Tipperary Development Company - Roscrea Youth Family Support Service</i> <i>Tel. (0505) 24462</i> <i>Kate Flynn,</i> <i>Tel. 087-952 9041</i> <i>Caitlin Moyne,</i> <i>Tel. 087-709 1195</i>
	Parent Peer Support Group: Supportive space for parents to share experiences of parenting	Check with service directly for up to date information		Parents of children of any age.	
Templemore	Parenting Support <ul style="list-style-type: none"> - Family Support - Advice and information on wider issues affecting parenting - Practical support 	Check with service directly for up to date information	Templemore Community Social Services Bank Street, Templemore (yellow door)	Parents of children aged 0-17 years in Templemore and environs	<i>Templemore Community Social Services</i> <i>Bank Street, Templemore</i> <i>Tel. (0504) 31244</i>

	<p>Group activities/Parenting Support</p> <ul style="list-style-type: none"> • Women's Activity Group • Men's Group • Workshop for Parents concerned about child's development & who have/waiting for a diagnosis • Parenting Programs • Life outside the school box' peer parent support group for parents with children suffering school attendance anxiety. 	<ul style="list-style-type: none"> • Various days and times. • Contact Sara for more details • Dependent on numbers registering 	<p>MORE Family Support Project, Bank Street, Templemore</p>	<p>Adults in Templemore town and environs</p>	<p><i>MORE Family Support Project, Youth Work Ireland Tipperary Templemore</i></p> <p><i>Sara Leahy</i></p> <p><i>Tel. 083 100 4141</i></p> <p><i>Email: sara.leahy@youthworktipperary.ie</i></p>
<p>Templemore</p>	<p>Parenting Support</p> <ul style="list-style-type: none"> • Advice, advocacy and information on Parenting issues • Support (one to one and groups) on issues affecting parenting • Support for young people and their families/carers on a range of issues • Signposting families to relevant services 	<p>- Tuesday to Friday, 9.30 – 5.00 p.m.</p>	<p>MORE Family Support project, Old Courthouse, Bank Street, Templemore</p>	<p>Families and Parents of children, aged 0 – 18 years, from Templemore and environs</p>	<p><i>MORE Family Support Project, Youth Work Ireland Tipperary Templemore</i></p> <p><i>Sara Leahy, Tel. 083 100 4141</i></p> <p><i>Email: sara.leahy@youthworktipperary.ie</i></p>
<p>Thurles area</p>	<p>Parent and Family Support:</p> <ul style="list-style-type: none"> - Support to parents and children - Tailored around specific needs - Includes structured parenting programme, parent-child work and work with children 	<ul style="list-style-type: none"> - During working hours <p>Check with service directly for up to date information</p>	<p>In the Barnardos Centre <u>and</u> in Family home.</p>	<p>Parents of children, 0 – 17 years in Thurles Primary Care catchment area</p>	<p><i>Barnardos Centre, Slievenamon Road, Thurles</i></p> <p><i>Tel. (0504) 20018</i></p>

	Available on a one-to-one basis for parents				
	Partnership with Parents <u>One-to-one programme:</u> <ul style="list-style-type: none"> - Developing parents' understanding of their child's needs - Developing their understanding of their child's development - Improving their relationship with their child - Understanding their approach to parenting 	<ul style="list-style-type: none"> - During working hours <p>Check with service directly for up to date information</p>		Parents of children, 0 – 17 years in Thurles Primary Care catchment area	
Thurles area	Partnership with Parents –Birth to 2 Years <u>One-to-one programme:</u> <ul style="list-style-type: none"> - Developing parents' understanding of their child's needs & development. - Improving their relationship with their child - Understanding their approach to parenting - Looking at the supports around them and how these can help with their parenting 	Check with service directly for up to date information.	Barnardos Centre, Thurles, and in Family Home	Parents of children, aged 0 – 18 months, in Thurles Primary Care catchment area	<i>Barnardos Centre, Slievenamon Road, Thurles Tel. (0504) 20018</i>
Thurles	Community Mothers Programme	Check with service directly for up to date information.	<ul style="list-style-type: none"> - Home Visiting - Office appointments 	Families living in the areas listed with	<i>Brigid Murphy, Community Mothers Programme,</i>

	<p>Ongoing parenting support and information provided by experienced facilitators including:</p> <ul style="list-style-type: none"> - Home Visits - Healthy Weaning workshops - Wellbeing & Self-Care workshop - Infant Baby Massage - My Place to Play – encouraging play with babies - Mother and Toddler/Baby groups 		<ul style="list-style-type: none"> - Meeting in local venues - Phone calls <p>As required</p>	<p>children from birth to pre-school age.</p>	<p><i>Silver Arch Family Resource Centre, Nenagh</i></p> <p><i>Tel. (067) 31800 087- 278 0029</i></p> <p><i>Email: info@silverarchfrc.ie</i></p>
<p>CSouthern section of Co. Tipperary</p>	<p>South Tipperary Parent Hub A weekly Drop-In service for parents seeking:</p> <ul style="list-style-type: none"> - Parenting Advice - Information on Services - Parenting Support 	<p><u>Venues & Dates:</u></p> <ul style="list-style-type: none"> - <u>Knockanrawley Resource Centre, Tipperary town:</u> Check with service directly for up to date information - <u>Clonmel Community Resource Centre:</u> Check with service directly for up to date information - <u>Spafield Family Resource Centre (FRC), Cashel:</u> Check with service directly for up to date information - <u>Barnardos Family Support Project, Clonmel:</u> 	<p>Parents in South Tipperary</p>	<ul style="list-style-type: none"> - <i>Text or Whatsapp: 087-124 1231</i> - <i>Facebook link: https://www.facebook.com/southtipperaryparenthub (South Tipperary Parent Hub FB)</i> - <i>Email: southtipp.parentshub@barnardos.ie</i> 	

		<p>Check with service directly for up to date information</p> <ul style="list-style-type: none"> - <u>Three Drives FRC, Tipperary town:</u> Check with service directly for up to date information - <u>Clonmel Community Mothers Program:</u> Check with service directly for up to date information 			
Southern section of Co. Tipperary	<p>South Tipperary Parent Hub (cont.) A weekly Drop-In service for parents seeking:</p> <ul style="list-style-type: none"> - Parenting Advice - Information on Services - Parenting Support 	<p>Venues & Dates (cont.):</p> <p><u>Foróige Neighbourhood Youth and Family Project, Carrick-on-Suir</u> Check with service directly for up to date information</p> <p><u>Cashel Neighbourhood Youth & Family Project:</u> Check with service directly for up to date information</p> <p><u>Millennium FRC, Glengoole:</u> Check with service directly for up to date information</p>	Parents in South Tipperary	<ul style="list-style-type: none"> - <i>Text or Whatsapp: 087-124 1231</i> - <i>Facebook link:</i> https://www.facebook.com/southtipperaryparenthub (South Tipperary Parent Hub FB) - <i>Email:</i> southtipp.parentshub@barnardos.ie 	
Southern section of Co. Tipperary	<p>Teen Parent Support Programme (Positive Parenting for Changing Families programme)</p> <ul style="list-style-type: none"> - One-to-One - Outreach service 	Check with service directly for up to date information	In the home <u>or</u> at venue of choice	Teen parents aged 19 years and under in the South of Co. Tipperary	<i>Bernie Loughman, St. Catherine's Community Services, Carlow Tel.085 110 1511 (059) 913 8700</i>
Clonmel / Cahir/Cashel/ Carrick-on-Súir/ Fethard and environs	<p>Clonmel Community Mothers Programme Providing support and information</p> <ul style="list-style-type: none"> - Child Development - Parenting support 	During working hours	<ul style="list-style-type: none"> - Home Visiting - Office appointments - Phone calls 	Parents of children, 0 – 5 years in Clonmel, Cahir, Carrick-on-Súir, Cashel and Fethard.	<i>Jill Sandvoss, Clonmel Community Mothers Programme</i>

	<ul style="list-style-type: none"> - Infant Mental Health/Attachment - Ante-natal support - Newborn Observations - Breast-feeding support - Baby massage - Therapeutic Play Skills 		<ul style="list-style-type: none"> - Zoom and WhatsApp 		<p>12 Peter Street, Clonmel, E91F662</p> <p>Tel. 086 835 9912</p> <p>Web-site: https://clonmelcommunitymother.ie/</p>
Clonmel	<p>Barnardos Family Support Project is a community based project in Clonmel offering support and advice to families experiencing a difficult period.</p>	<p>During working hours</p> <p>Check with service directly for up to date information</p>	<p>Barnardos Family Support project, 140 Elm Park, Clonmel</p> <ul style="list-style-type: none"> - Home Visiting - Office appointments 	<p>Parents/Carers living in Clonmel and its environs.</p>	<p><i>Barnardos Family Support Project, Clonmel</i></p> <p>Tel: (052) 6170665</p>
	<p>Partnership with Parents</p> <p>To support parents to build their parenting skills, and to strengthen relationships.</p>	<p>During working hours</p> <p>Check with service directly for up to date information</p>		<p>Parents of children and teenagers, 0-17 years</p>	
	<p>Partnership with Parents –Birth to 2 Years</p> <p><u>One-to-one programme:</u> (see above <i>Barnardos services in Thurles</i>)</p>	<p>Check with service directly for up to date information</p>		<p>Parents of children aged 0 – 18 months in Clonmel and surrounding areas</p>	
Clonmel and its environs	<p>Family support service: Parents Plus – Healthy Families</p> <ul style="list-style-type: none"> - One-to-one with parents - Promoting Healthy Eating - Establishing routines - Maintaining positive Mental Health - Building positive Family Relationships 	<p>Check with service directly for up to date information</p>	<p>Clonmel Community Resource Centre</p>	<p>Parents of children, 1 - 12 years in Clonmel</p>	<p><i>Dara Arrigan, Family Support Worker, Clonmel Community Resource Centre, Kickham Street, Clonmel</i></p> <p>Tel. (052) 612 9143 089 612 7451</p>

	<p>Parents Plus Adolescent Programme</p> <p>This programme is practical, solution-focused and draws on parent's strengths. It is suitable for parents of adolescents, including those with additional needs, such as ADHD. It is flexible and can be delivered over 6-12 weeks in small groups or with individuals.</p> <ul style="list-style-type: none"> - Manage and resolve conflict - Build self-esteem and confidence - Create warm connected relationships - Positively discipline their adolescent - Negotiate rules and boundaries - Solve problems together - Communicate positively and effectively - Reduce their own stress as parents 				<p><i>Email: dara@clonmelcrc.ie</i></p>
	<p>Non-Violent Resistance programme: To support parents to deal with Child to Parent violence</p>			<p>Parents of children and young people in Clonmel</p>	
<p>Carrick-on-Súir</p>	<p>Barnardos Student Mothers' Group:</p>	<p>During working hours</p>	<ul style="list-style-type: none"> - Home Visits - Office visits 	<p>Expectant student mothers or student mothers in second</p>	<p><i>Una Conroy, Barnardos,</i></p>

	<p><u>Support for young expectant mothers and young mothers to remain in second-level education:</u></p> <ul style="list-style-type: none"> - Childcare subsidy - Educational support - Financial support towards books and school materials 	Check with service directly for up to date information		level education in Carrick area.	<p>130 Clonard Park, Ballybeg, Waterford</p> <p>Tel. (051) 844140 Email: una.conroy@barnardos.ie</p>
	<p>Non-Violent Resistance programme: <u>One-to-one programme:</u></p> <ul style="list-style-type: none"> - To help parents to deal with Child to Parent violence 	As required	Home visits and office appointments at Foróige Neighbourhood Youth & Family Project, Kickham Street, Carrick-on-Siúir	Parents of children, aged 10 – 17/18 years	<p><i>Foróige Neighbourhood Youth & Family Project, Carrick-on-Siúir</i></p> <p><i>Siobhán Clifford:</i> Tel. 086-833 1886</p>
	<p>Common Sense Parenting (Boys Town Parenting programme): <u>One-to-one</u></p> <p>To help parents to:</p> <ul style="list-style-type: none"> - Build Family Relationships - Deal with Problem Behaviour - Teach Social Skills - Promote Self Control 	As required		Parents of children, aged 6 – 16 years	
Cashel	<p>Parenting Support (Parents Plus Children, Adolescent and Parenting when Separated)</p> <ul style="list-style-type: none"> - One-to-One - Advice on Parenting - Listening & Referral service <p>Parents Plus for Parents of Children with Additional Needs</p>	Check with service directly for up to date information	Spafield Family Resource Centre, Old Road, Cashel	Parents of children, 2– 16 years from Cashel area	<p><i>Fiona Hayes</i> <i>Spafield Family Resource Centre, Cashel</i></p> <p>Tel. (062) 63622 <i>fhayes@spafieldfrc.ie</i></p>

Cashel	<p>Parent and Family Support</p> <ul style="list-style-type: none"> · One to One Support · Advice and Information · Support for young people and their families on a range of issues <p>Parents Plus – (Adolescents Programme)</p> <p>Supports parents to build positive relationships with their adolescents, communicate effectively and resolve conflict in a solution focused way</p>	<p>During Working Hours</p> <p>Drop in or by Appointment</p>	<p>Youth Work Ireland Tipperary</p> <p>Hogan Square, Cashel, Co. Tipperary</p>	<p>Parents of young people 10-24years of age in Cashel</p>	<p><i>Youth Work Ireland Tipperary, Cashel</i></p> <p><i>Contact Youth Work Ireland Tipperary Croke Street Thurles for details: 0504 23426</i></p>
Tipperary town	<p>One to One Parent Support</p> <p>Support is based upon the presenting needs of families. Support is provided using strength and evidence- based approaches to suit the needs of each family.</p>	<p>Monday - Friday</p>	<p>Three Drives FRC, 22/23 Greenane Drive, Tipperary Town. E34EE39</p>	<p>Parents of children and young people in Tipperary and County</p>	<p><i>Louise Mullins Family Support Worker Three Drives Family Resource Centre,</i></p> <p><i>Mobile:0851247282 Tel. (062) 80831 Email: louisethreedrivesfrc@gmail.com</i></p>
	<p>Parents under Pressure (PUP)</p> <p>Programme The PuP program is designed for families in which there are many difficult life circumstances that impact on family functioning. Such</p>	<p>Monday – Friday</p> <p>Duration: Needs based and needs assessed</p>		<p>Parents/Carer's of children and young people. Parents preparing for Access and Reunification</p>	

	problems may include mental health challenges including trauma, substance misuse, family conflict and severe financial Parents/Carer's of children and young people. Parents preparing for Access and Reunification stress. The program is individually tailored to suit each family/Couple.				
	<p>Art Therapy & Play Therapy for children</p> <p>For children with issues around anxiety, bullying, anger management, withdrawing behaviour, etc.</p>	<p>Check with service directly for up to date information</p> <p><i>Referrals from parents, schools, services and organisations, self-referral.</i></p> <p><i>Sliding scale charges apply</i></p>		<p>Children & young people, 4 – 18 years in Tipperary town.</p> <p>Family support is available for parents of children attending Art/Play Therapy to help them support their children.</p>	<p><i>Tina Richardson</i> <i>Counselling Co-ordinator</i></p> <p>tinathreedrives1@gmail.com</p> <p><i>Phone: (062)80831</i></p>
	<p>Parenting Support (<i>Parents Plus</i> and <i>Triple P</i> programmes)</p> <ul style="list-style-type: none"> – One-to-One and Couples Parenting Support – Support on parenting and family issues – Listening and referral service – Non-Violent Resistance programme: To help parents to deal with Child to Parent violence 	<p>By appointment</p>	<p>Knockanrawley Resource Centre, Tipperary town</p>	<p>Parents of children, 0 – 17 years, from Tipperary town and environs</p>	<p><i>Helen Buckley,</i> <i>Parent & Family Support Programme,</i> <i>Knockanrawley Resource Centre, Knockanrawley, Tipperary town.</i></p> <p><i>Tel. (062) 52688</i></p> <p>helenbuckleykrc@gmail.com knockcdp@gmail.com</p>

Tipperary town	Parents Club A peer group that have an opportunity to identify and have facilitated group supports that are beneficial to them, for example: Stress Management, Healthy Eating for Living, Parental Self-care etc.	Wednesday mornings from 10-11.30am February 21 st , 9.30am – 12.00pm For 6 weeks	Knockanrawley Resource Centre, Tipperary town	Parents in Tipperary towns and environs	<i>Helen Buckley, Parent & Family Support Programme, Knockanrawley Resource Centre, Knockanrawley, Tipperary town.</i> <i>Tel. (062) 52688</i> helenbuckleykrc@gmail.com knockcdp@gmail.com
	Rainbows Group programme A programme with a peer support element for children experiencing parental separation and/or bereavement.	Open for referrals		Children, aged 7 – 12 years	
Slieveardagh area <i>(including Glengoole, Killenaule, Ballingarry, & Mullinahone)</i>	Incredible Years Parenting Programme This programme helps parents to meet the social and emotional needs of children. It strengthens parenting skills and fosters involvement in children's lives to promote their academic, social and emotional competencies and to reduce conduct problems	By appointment	Millennium Family Resource Centre, Glengoole	Parents of children aged 3 – 12 years from Slieveardagh / Glengoole, Killenaule, Ballingarry, & Mullinahone areas	<i>Julie O'Halloran, Millennium Family Resource Centre, Glengoole, Co. Tipperary</i> <i>Tel. (052) 915 7992</i> <i>Email: julie@mfrc.ie</i>
	Parents Plus Adolescents Programme One-to-one parenting support including family sessions as required.	By appointment		Millennium Family Resource Centre, Glengoole	
Slieveardagh area	Play Therapy service for children	Check with service directly for up to date information	Millennium Family Resource Centre, Glengoole	Children, aged 4 – 14 years	<i>Julie O'Halloran, Millennium Family Resource Centre,</i>

<p><i>(including Glengoole, Killenaule, Ballingarry, & Mullinahone)</i></p>	<p>Play is essential for children to develop physically, emotionally, socially and cognitively. Children express themselves and communicate through their play. Many children are unable to communicate their experiences directly. Play Therapy is a process which helps children to express their feelings in a safe and secure environment. This leads to healing, understanding and change.</p> <p>Play Therapy is a non-directive, non-judgemental way of working with children who may have emotional or behavioural difficulties. My role is to support the child in a therapeutic way through their healing and recovery.</p>				<p><i>Glengoole, Co. Tipperary</i></p> <p><i>Tel. (052) 915 7992</i></p> <p><i>Email: julie@mfrc.ie</i></p>
	<p>Incredible Years Home Coaching Programme: One-to-one parenting programme with a focus on:</p> <ul style="list-style-type: none"> - Strengthening children's Social Skills, Emotional Regulation and School Readiness Skills. - Using Praise and Incentives to Encourage Co-operative Behaviour - Positive Discipline – Rules Routines & Effective Limits Setting, Handling Misbehaviour. 	<p>Check with service directly for up to date information</p>	<p>Millennium Family Resource Centre, Glengoole <u>or</u> in the Home.</p>	<p>Parents of children, aged 3 – 12 years from Slieve Ardagh / Glengoole/ Killenaule/ Mullinahone/ Ballingarry</p>	

Slieveardagh area <i>(including Glengoole, Killenaule, Ballingarry, & Mullinahone)</i>	Parent Child Attachment Play (PCAP) <ul style="list-style-type: none"> - A gentle play-based approach aimed at improving the attachment quality of the parent-child relationship. - Uses child-oriented play with parents/carers and their children aged 3-15+ years. - Brings positive relationship change directly into the family home by empowering parents and carers as change agents. - PCAP practitioners work with the parent(s) or carer(s) and not directly with the child(ren). 	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+	<i>Julie O'Halloran, Millennium Family Resource Centre, Glengoole, Co. Tipperary</i> <i>Tel. (052) 915 7992</i> <i>Email: julie@mfrc.ie</i>
	Baby Bonding <ul style="list-style-type: none"> • Baby bonding classes are a special weekly session for parents to enjoy with their babies. • These are relaxed sessions, well-grounded in Attachment theory and research, helping to deepen the bond between parent and baby. • Parents and babies can have fun and relax using easy activities, baby strokes, simple rhymes and lullabies 	By referral	Millennium Family Resource Centre Glengoole	Parents of young children at each of following stages: <ul style="list-style-type: none"> - Bumps (28 + weeks pregnancy) to Crawling - Crawling to Toddling - Toddlers 	

Slieveardagh Area	Non-Violent Resistance Training One to one work with parents of young people to help parents to deal with Child to Parent violence		Millennium Family Resource Centre Glengoole	Parents / Carers of young people aged 11 upwards	<i>Julie O'Halloran, Millennium FRC</i> <i>(See above for contact details)</i>
Slieveardagh Area	Parenting Support Space (parents 18-24) Group and one to one support available.	10am to 11.30am and Wednesdays 12pm-2pm One to one appointments available on request	Killenaule TETB Building, Main Street Killenaule	Parents 18-24 years	Jane Hayes Youth Work Ireland Tipperary Killenaule Youth Project TETB Building Main Street Killenaule jane.hayes@youthworktipperary.ie 083 0626593

Parent & Toddler Groups / Mother & Baby Groups

<u>Area</u>	<u>Details of services</u>	<u>When</u>	<u>Venue</u>	<u>Target Group</u>	<u>Contact Details</u>
Co. Tipperary	<u>Parent & Toddler Groups:</u> - Structured groups where parents engage in play and dance with their toddlers - Waiting lists apply in some cases	- Weekly sessions - Ongoing	In various locations around the county: see web-link below	Parents & Toddlers	<i>For full list of Parent & Toddler Groups in the County, follow web-link below</i>

For full list of Parent & Toddler Groups in the County, please go to [Tipperary County Childcare Committee](http://tipperarychildcarecommittee.ie/parent-toddler-groups/) web link at:
<http://tipperarychildcarecommittee.ie/parent-toddler-groups/>

North section of Co. Tipperary (Nenagh, Thurles, Newport,	Parent, Baby and Toddler groups	Check with service directly for up to date information	In the towns named in 1 st column	Mothers and babies, 0 – 10 months.	<i>Brigid Murphy, Community Mothers Programme,</i>
--	--	--	--	------------------------------------	--

Borrisokane, Borrisoleigh, and Ballina)					<p>Silver Arch Family Resource Centre, Nenagh</p> <p>Tel. (067) 31800 087- 278 0029</p> <p>Email: info@silverarchfrc.ie</p>
Tipperary town	Parent, Baby and Toddler group	Thursday mornings 10.00am- 11.30am	Knockanrawley Resource Centre, Tipperary town	Parents and other carers of Babies & Toddlers.	<p>Helen Buckley, Parent & Family Support Programme, Knockanrawley Resource Centre. Tipperary town.</p> <p>Tel. (062) 52688</p> <p>helenbuckleykrc@gmail.com</p> <p>knockcdp@gmail.com</p>
Slieveardagh Area	Parent and Toddler Groups – meet up for a chat and a cup of tea – a great way for the babies and toddlers to socialise too.		Millennium Family Resource Centre Glengoole	Parents/Carers/Grand parents and expectant mothers, babies and toddlers	<p>Julie O'Halloran, Millennium Family Resource Centre</p> <p>Tel. (052) 9157992 julie@mfrfc.ie</p>
Clonmel	Clonmel Mother & Baby Group: - To meet other mothers of babies - Information and advice from Community Mothers staff available Breast-feeding practitioner available	Check with service directly for up to date information	St. Oliver's Parish Centre, Elm Park, Clonmel	Mother and babies	<p>Jill Sandvoss, Clonmel Community Mothers Programme</p> <p>12 Peter Street, Clonmel, E91F662</p> <p>Tel. 086 835 9912</p>
Cahir/ Clonmel	Parent & Toddler Groups	Check with service directly for up to date information		Parents and other carers of Toddlers.	<p>Maeve McCormack,</p>

				<p>Clonmel Community Mothers Programme</p> <p>12 Peter Street, Clonmel, E91F662</p> <p>Tel. 087 196 5594</p>
--	--	--	--	--

On-line Resources

<u>Resource</u>	<u>Source</u>
https://www.tusla.ie/parenting-24-seven/	<i>Túsla</i>
https://www2.hse.ie/my-child/	<i>HSE</i>
Mental Health & Wellbeing services: https://www2.hse.ie/wellbeing/mental-health/minding-your-mental-health-during-the-coronavirus-outbreak.html https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/news/supports-and-services-during-covid-19.html	<i>HSE</i>
https://www.barnardos.ie/resources/parents/parenting-advice	<i>Barnardos</i>
ASD support link: AsIAm and COVID-19 - AsIAm.ie - Ireland's National Autism Charity	<i>AsIAm, Ireland's national Autism Charity</i>
'In This Together Tipperary' has a range of resources to support all age groups in the community at this time. Follow the weblink: https://www.ppntipperary.ie/in-this-together-tipperary/	<i>Tipperary Public Participation Network</i>
Tipperary Children & Young People's Services Committee's (CYPSC) on-line services directory. The directory provides information on all service provision in the county to the 0 – 24 years age cohort http://www.tipperarychildrenandyoungpeopleservices.ie/	<i>Tipperary Children and Young People's Services Committee (CYPSC)</i>



A word cloud centered on the word "parenting". The words are arranged in a roughly rectangular shape, with "parenting" being the largest and most prominent. Other words include "love", "advice", "laughter", "decisions", "fun", "responsibility", "pain", "patience", "joy", "struggle", "choices", and "exhaustion". The colors of the words range from dark brown to light tan.

parenting
love
advice
laughter
decisions
fun
responsibility
pain
patience
joy
struggle
choices
exhaustion