



Parenting is Busy and Challenging

It influences your child's future Health and Happiness



Training and Support for Parents in Sligo Leitrim & West Cavan November, December 2022 January 2023 What?			
What?	Where?	When?	How can I find out more or book a place?
<u>Parents Plus Parenting When Separated</u> A practical and positive course for parents who are preparing for, going through or have gone through a separation or divorce. This is a free 6 week FREE course	<u>Tubbercurry FRC</u> Face to Face	Monday 7 th November 10.00am-12.30	Contact: Mary Kilroy on 0719186926.
<u>Parent Plus Healthy Families Programme 2023</u> Promotes healthy eating and mealtimes, Incorporate active play and physical activities into your family, maintain positive mental health and self-esteem Establish good routines for sleep. Set up rules around technology use at home Build positive family relationships	Online	January 2023	Contact: Laura on 086 6035977 or Letty 086 0232598
<u>Parents Plus Early Years Programme</u> A practical and Positive parenting course promoting confidence learning and good behaviour in young children aged 1-6 years.	Online	20 th October to 24 th November 10:30am – 12:30	Contact: Laura 086 6035977 or Lydia 086 1851653
<u>The circles of security Parenting Program</u> Secure parent-child relationships for parents or guardians with children from 4 months – 6 years.	<u>Lifestart</u> Online	23 rd & 30 th October 7 th & 14 th December	Contact: Catherine 086 185654 or Lynette 087 1847650 hello@lifestartsp.ie/
<u>Foroige</u> Foróige Sligo Leitrim for the summer months are implementing summer programmes with young people - if you are a parent of a young person aged 10-18 years this would a great summer programme for your child <u>Non-violent Resistance Programme</u> The Non Violent Resistance Programme provides parents/carers with skills and knowledge to understand and manage children's violent, challenging or abusive behaviour within the family home. You can also find information about the NVR programme at www.cpvireland.ie	<u>Foroige Sligo</u> Face to Face Online	Ongoing Autumn FREE Zoom 7 sessions	Autumn courses please contact: Anne Marie on 0869087141 or annemarie.regan@foroige.ie Contact: Anne Marie Regan 086 9087141 annemarie.regan@foroige.ie

<p><u>Sligo Family Resource Centre</u> Sligo FRC are running a FREE Information evening for Parents or Guardians of Children with Dyslexia. Dr Anne Marie Casserley will give tips and strategies for children with Dyslexia.</p> <p><u>Sligo FRC Family Cookery camp</u> Spend some quality time cooking and baking with the family and learning new dishes.</p> <p><u>Sligo FRC Breastfeeding Support Group</u> Support mums and mums-to-be drop in centre</p> <p><u>Sligo FRC Parent and Toddler group</u> Music, dance, stories for parents and little ones.</p> <p><u>Santa Visits the FRC</u> It's that time of year again HO HO HO. Pop into Sligo Family Resource to visit the man himself who will be busy getting ready to visit all the girls and boys across the World.</p>	<p><u>Sligo Education Centre</u></p> <p><u>Mercy College</u></p> <p><u>Sligo FRC</u></p> <p><u>Sligo FRC</u> SLIGO FAMILY RESOURCE CENTRE</p> <p><u>Sligo FRC</u></p>	<p>22nd November 19:00 – 21:00</p> <p>2nd, 3rd, 4th November 10am -13.00</p> <p>1st & 3rd Thursday of each month. 10:30-11:30</p> <p>Every Tuesday 10:30- 11:30am</p> <p>13th December 10:30- 11:30am</p>	<p>Register via Eventbrite Parents of Children with Dyslexia Information Evening Tickets, Tue 22 Nov 2022 at 19:00 Eventbrite</p> <p>Book a place text the word COOKERY with your name and number and age of children to 087 9143646</p> <p>Contact: Therese 071 9146315</p> <p>071 9146315</p> <p>Text the word SANTA followed by name, numbers and age of your child to 087 9143646</p>
<p><u>Ballymote Family Resource Centre</u></p> <p>FEAD Packages available weekly to support Parents and Families who need support. This programme is funded through the FEAD programme, Food Cloud & donations.</p> <p><u>Peek- A-Boo Parent & Toddler Group</u> Meet other parents and connect with a cuppa.</p> <p><u>Ballymote FRC</u> Provides a range of support to families in the community.</p>	<p><u>Ballymote FRC</u> Available Weekly</p> <p>Home - Ballymote Family Resource Centre</p> <p><u>Ballymote FRC</u></p>	<p>Available weekly</p> <p>Wednesdays 10am to noon.</p> <p>Everyday</p>	<p>Call 071 9197818 To pick up your food package</p> <p>Call 071 9197818</p> <p>Call 071 9197818</p>
<p><u>Parent & Child Cookery Program</u> FREE Parent & Child Cookery Program. Enjoy cooking delicious food with your child. This cookery programme is aimed at parents and children of primary school age. Families come together to learn to cook together meals that are fun and easy to prepare.</p> <p><u>Mohill Parent and Toddler Group</u> Open to all parents/ carers/ guardians caring for babies and toddlers</p> <p><u>Carrigallen Outreach Service</u> Support and advice on housing, social welfare, education/training, Parent and Toddler Groups, Parenting or Personal Development Programmes.</p> <p><u>Ballinamore Outreach Service</u> Support and advice on housing, social welfare, education/training, Parent and Toddler Groups, Parenting or Personal Development Programmes.</p> <p><u>Family Christmas Craft Fair with Santa Grotto</u> Check out the Christmas Craft Fair and start shopping.</p>	<p>Online</p> <p><u>Mohill FSC</u> Home Page (mohillfamilysupportcentre.me)</p> <p><u>Carrigallen Day Care</u></p> <p><u>Ballinamore Island Theatre</u></p> <p><u>Mohill FSC</u></p>	<p>8th November to 6th November 6:30-8pm</p> <p>Tuesdays 10am-12 noon</p> <p>Every Friday 9:30am- 11am</p> <p>Every Thursday 11:30am-12 noon</p> <p>20th November 11am-3pm</p>	<p>To book call 071 9631253 or email laura@mohillfsc.info</p> <p>Call 0866035977</p> <p>Contact Laura 071 9631253 or 086 6039577</p> <p>Contact Laura 071 9631253 or 086 6039577</p> <p>Call: 071 9631253</p>

<p><u>Play Therapy Tubbercurry</u> Play Therapy is available for children and young people aged 3-14. Children and young people can be referred to play therapy for many reason, including; Emotional difficulties, Behavioural Issues, Loss and Bereavement, Attachment Difficulties, Trauma and Learning Development problems.</p> <p><u>Adult Counselling Service</u> Tubbercurry FRC offers a professional, confidential and non-judgemental counselling service with a fully accredited therapist at a low cost. The service supports those who have been bereaved and those struggling with difficult relationships.</p> <p><u>Connect Café</u> A monthly community café to connect with other people in the Community.</p>	<p><u>Tubbercurry FRC</u> https://tubbercurryfrc.com</p> <p><u>Tubbercurry FRC</u></p> <p><u>Tubbercurry FRC</u></p>	<p>Ongoing</p> <p>Ongoing</p> <p>Monthly Next date 3rd November 11am to 1pm.</p>	<p>Call: 0719186926</p> <p>Contact: Sandra or Mary on 0719186926</p> <p>Call 071 9186926</p>
<p><u>Smart Recovery 8 week Family and Friends Programme</u> Available to family and friends who are living with the addictive behaviour of someone close to them. Providing a support group environment, concentrate on your own wellbeing, gain insight around behaviour, identifying helpful solutions.</p> <p><u>Autism Support Group</u> Comfortable and Friendly surroundings for parents/carers/guardians of Children with Autism.</p>	<p><u>Breffni FRC</u> Breffni Family Resource Centre & Community Development (breffnifrc.ie)</p> <p><u>Breffni FRC</u></p>	<p>Ongoing</p> <p>Every second Thursday 10am.</p>	<p>Contact: Caroline 087 3490780</p> <p>Call: 071 9622566</p>
<p><u>Buggy Buddies</u> Meet with other parents for a walk, talk and cup of tea.</p> <p><u>Family Support Drop-in Service</u> Family support service offers a safe and confidential space to seek support, advice and guidance offering practical help and emotional support to families</p>	<p><u>West Sligo FRC</u> West Sligo Family Resource Centre (westsligofrc.ie)</p>	<p>Wednesday morning at 10am</p> <p>Every Tuesday morning from 10am to 1.00pm</p>	<p>Alvina on 087- 2409824</p> <p>Contact: Heather on 087-2506773 Or 096-37444.</p>
<p><u>St Michaels family Centre</u> St Michaels Family Centre is offering a range of supports to help all the community in need across Counselling service, Play therapy, Support Groups courses.</p> <p><u>Carrick Family Life Centre</u> Empower people, families, and community as a whole, through supportive and confidential counselling and psychotherapy services, to identify how they wish to live their lives, and to support them in doing so.</p> <p><u>North West Stop</u> FREE counselling service where you can safely talk about loss, stress confusion, conflicts and other pain in your life</p> <p><u>Family Carers Ireland</u> VIRTUAL - Peer Support Group for Parents Caring for a Child with a Hidden Disability</p>	<p><u>Church Hill Sligo</u></p> <p><u>Main street, Carrick-on-Shannon</u></p> <p><u>Main Street, Drumkeeran, Co. Leitrim</u></p> <p><u>Online</u></p>	<p>Ongoing</p> <p>Ongoing</p> <p>Ongoing</p> <p>Ongoing</p>	<p>Call: 071 9170329 Or Email centrestmichaels@gmail.com</p> <p>Call:071 9621791</p> <p>Contact - Carrick Family Life Centre (carrickflc.ie)</p> <p>Contact: Stephanie Barnes Or email infor@northweststop.ie</p> <p>Jean Ryan jryan@familycarers</p>

<p style="text-align: center;"><u>Social Prescribing</u></p> <p>Social Prescribing is about helping people to address their health and wellbeing by connecting them into activities or supports that will help make a difference in their life. If you are over 18, and want support to engage in a Social Prescription, this is for you.</p> <p><i>Social health</i> - Connection and connecting with others (peers, family, community).</p> <p><i>Physical health</i> – keeping active, eating well, lifestyle, managing health difficulties.</p> <p><i>Emotional Wellbeing</i> – feelings, self-esteem, coping skills, relationships.</p> <p><i>Mental Wellbeing</i> – Mood, feelings, thoughts and how to manage these.</p>	<p><u>Sligo Family Resource Centre</u></p> <p style="text-align: center;">Face to Face</p> <p><u>Tubbercurry Family Resource Centre.</u></p> <p><u>Breffni FRC</u></p>	<p>9am-5pm Monday, Tuesday, Thursday, Friday, Or Wednesday</p>	<p>Contact: Loretta on 083 4036985 Or email lorettasfrc@gmail.com.</p>
<p style="text-align: center;"><u>Dyslexia Sligo Leitrim Donegal</u></p> <p>Parents Programme to explain all about Dyslexia, tips, and practical advice to support your child. Each programme is tailored to parent's individual needs for parents of primary and post primary students.</p>	<p><u>Every day is a School Day</u> Face to face 1-2 hours</p>	<p>Ongoing</p>	<p>Contact: Mary McDonald Dyslexia Sligo Leitrim Donegal - Everyday is a School Day</p>
<p style="text-align: center;"><u>ADHD Ireland</u></p> <p>Parent ADHD Awareness Event. The ADHD Ireland Team wish to help you understand the challenges and many positive strengths of ADHD. Come along and learn some strategies and tools to support your child and improve the quality of life all your family unit.</p> <p>Support group for parents of young adults aged 18-24 with ADHD. Are you a parent/carer of a young adult (18-24) with the challenges of ADHD? Join our Parent Video Support Session.</p>	<p>Online</p> <p>Online</p>	<p>7th November 7pm-8pm</p> <p>14th December 7pm-8pm</p>	<p>To Register</p> <p>Parent ADHD Awareness Event Tickets, Mon, Nov 7, 2022 at 7:00 PM Eventbrite</p> <p>Support group for parents of young adults aged 18-24 with ADHD Tickets, Wed, Dec 14, 2022 at 7:00 PM Eventbrite</p>
<p><u>Teen Parents Support Programme</u></p> <p>A support service for young mothers, young fathers and their families from pregnancy until the baby is 2 years of age.</p> <p>Teen Parents Support Programme offer support, information and advocacy in all areas of a young parent's life including health, relationships, parenting, child care, social welfare entitlements, education, training and anything else about which the mother or father is concerned.</p> <p>This support can be tailored and delivered in a way that best suits the individual needs of each young parent.</p>	<p>Online</p>		<p>Please contact: Anne Marie on 0869087141 or annemarie.regan@foroige.ie for signposting</p>
<p style="text-align: center;"><u>New Communities</u></p> <p>Supporting families and new communities to adapt to their new surrounds. Advice and connect to local services.</p>	<p><u>Tubbercurry FRC</u></p>	<p>Every Tuesday 10:00 am- 1pm</p>	<p>Contact : Therese 071 9186926</p>

<p><u>At Home in School</u> Home/School Transition Programme. Preparing your child for school. If you have any concerns about your child starting school in September in terms of school readiness or anxiety about starting school, this course will address those concerns.</p>	<p><u>Lifestart</u> Online or 12 Sessions 1:1</p>	<p>Ongoing</p>	<p>Please visit https://lifestartsp.ie/at-home-in-school-programme/ or contact Kate on 0868276055 or Catherine on 0868276055</p>
<p><u>Ballinamore Parent and Toddler Group</u> A lovely opportunity for parents who have children similar age to meet up to have a catch up. Open to all.</p> <p><u>Carrick On Shannon Baby and Toddler Group</u> Open to all bumps, mums, dads and guardians and childminders</p>	<p><u>Ballinamore Library, Leitrim</u> Face to Face</p> <p><u>Breffni FRC</u> Face to Face</p>	<p>Every Wednesday 10:00am-12 noon</p> <p>Every Thursday 10am to 12 noon</p>	<p>Contact: Laura 086 6035977</p> <p>Call:071 9622566 or email reception@breffnifrc.ie</p>
<p><u>Ukraine Parents</u> Ukraine Parenting Response to provide practical tips to parents and caregiver to cope in their current crisis.</p>	<p><u>Nationally</u> Online</p>	<p>Ongoing</p>	<p>National Parents helpline 01 8874477 www.gov.ie-ukraine/resources</p>
<p><u>A meeting for kids from Ukraine</u> All Ukrainian Children are welcome to meet, chat and Participate in creativities- painting, singing and playing together.</p>	<p><u>Carrick-On-Shannon Library</u> Face to Face</p>	<p>Every Tuesday 4pm -6pm</p>	<p>Contact: Yulila 0852896300</p>
<p><u>Sligo Traveller Educational Support and Services</u> Weekly back to Education Initiative in partnership with MSLETB. Advancing the capacity of Traveller parents to support their children's learning in establishing good working relationships with schools.</p>	<p><u>STSG Office Sligo & Tubbercurry</u> Face to Face</p>	<p>Ongoing</p>	<p>Email: stsg@eircom.net Call: Sligo office 071 9145780 Call: Tubbercurry office 071 9120616</p>
<p><u>Gambling Therapy and Support Service</u> Free & Confidential advice, community education, support and counselling available to those with a gambling problem or their loved ones in Roscommon, Sligo and Leitrim.</p>	<p><u>Boyle FRC</u> Online or face to face</p>	<p>Ongoing</p>	<p>Email: Gamblingsupport@boylefrc.ie</p>
<p><u>Down Syndrome Sligo Leitrim and West Cavan</u> Down Syndrome Sligo is managed by a local management committee of parents supporting each other. Welcoming group with a strong emphasis on positive peer-to-peer support.</p> <p>The Leitrim West Cavan Branch of Down Syndrome Ireland is a friendly and active network and support group for the children/ young adults with Down Syndrome, their parents and siblings.</p>	<p><u>Sligo</u></p> <p><u>Leitrim & West Cavan</u></p>	<p>Ongoing</p> <p>Ongoing</p>	<p>Contact: Kathleen Vickers T: 089 7025155</p> <p>Contact: Jackie Ffrench-McGill <u>087 7813406</u></p>

<p><u>M-PACT-Moving Parents & Children Together</u></p> <p>M-PACT promotes a whole family approach, supporting families to work together to understand how parental alcohol or other drug misuse has affected their lives. Families where their children are aged between 8-17 years old.</p> <p>Free, One – One Service for adult family members affected by a relative’s alcohol and other drug use. The 5-Step Family Support Programme, recognises the impact of addiction on family members and with the aid of a dedicated support worker offers support and knowledge, helping to manage with often confusing and emotional situations.</p>	<p><u>M-PACT Sligo, Leitrim.</u> Online & Face to Face Options</p>	<p>Ongoing</p>	<p>Contact in confidence Tel: 0858759313 Email: sligoleitrim@alcoholforum.org Registered charity Number: CHY 17835</p>
<p><u>Nurturing Infants Parent Support Group</u></p> <p>Feeding, Weaning & More for parents of children from 0 to 18 months.</p>	<p><u>Lifestart Online</u></p>	<p>Ongoing 10:30am-11:30am</p>	<p>For more information, please email: hello@lifestartsp.ie or Text/WA Lavina-0861300845</p>
<p><u>Sligo and Leitrim Library</u></p> <p>Sense-Ability aims to offer positive library experiences for people with sensory or additional educational needs. It strives to develop sensory friendly, accessible library services for the people of Leitrim, Sligo and Roscommon. It aims to provide a sense of belonging, a sense of space, a sense of welcome and a sense of support to individuals of all abilities, their families and caregivers</p> <p><u>Toodle Time at Sligo Libraries</u></p> <p>Stories, songs and rhymes, with lots of fun for everyone! Stop by for a fun time for the little ones, as well as a chance to connect and chat with other parents as well.</p>	<p><u>Sligo Leitrim Library’s</u></p> <p><u>Sligo Libraries</u></p>	<p>Weekly</p> <p>Every Tuesday 10am</p>	<p>https://sligolibrary.ie/events/month/</p> <p>Sligo Libraries Walk in</p>

*** **NOTE for parents with children attending first year secondary school.** ***

The Home Youth Liaison Service will be running a four-session Healthy V Unhealthy program to all first year students in all post primary school throughout Sligo and Leitrim in the first term of the new academic year. The service will also be organizing the transfer program in all of the schools with links to the mentors in each individual school.

Free online webinars for parents

The Irish Childhood Bereavement Network- Supporting Children and Young People with Additional Needs Through Grief [Supporting Children and Young People with Additional Needs Through Grief Tickets, Wed 9 Nov 2022 at 12:30 | Eventbrite](#) Wed, 9 November

Supporting Your Child Through Grief - An Online Evening for Families Public Awareness to support parents through Grief [Supporting Your Child Through Grief - An Online Evening for Families Tickets, Mon 14 Nov 2022 at 19:30 | Eventbrite](#)

The Men Development Network- Parent Support Programme ‘The Good Enough Parent’ https://form.jotform.com/221154795360052?fbclid=IwAR0eRn1rZu5jzTZq_ikeWfIPzr-HpdbYIXBDTjIEqwN1QlwMYQNmGZ2PYug 3rd November

For more information check out www.parenthubslwc.ie

Parenting Podcasts

Alanna Kearney - 'Mind and Mood' [Buzzsprout](#)

Mark O'Callaghan - "Parenting during the Pandemic: Supporting Yourself" [Buzzsprout](#)

Mark O'Callaghan - "Parenting during the Pandemic Supporting your children" [Buzzsprout](#)

Dave Saunders - "From Lads to Dads" [Buzzsprout](#)

Alanna Kearney - 'What is messy play?' [Buzzsprout](#)

Parent and Toddler Directory

[Parent & Toddler Directory | Sligo County Childcare Committee \(sligochildcare.ie\)](#)

[Parent & Toddler Directory - Leitrim County Childcare Committee](#)

[\(leitrimchildcare.ie\) Parent and Toddler Leaflet 2021 \(cavanccc.ie\)](#)

Service Providers for Childcare

[Childcare Directory - Leitrim County Childcare Committee \(leitrimchildcare.ie\)](#)

[Choosing Childcare - Cavan County Childcare Committee Ltd \(cavanccc.ie\)](#)

Contact Sligo County Childcare Committee sligochildcare@gmail.com

*****Check out the following sites/webpages for more information about children, parenting and services*****

www.parenthubslwc.ie ***NEW Website! Check it out!***

www.mychild.ie

www.sligoleitrimdirectory.ie

www.Tusla.ie/parenting-24-seven

<https://www.gov.ie/en/campaigns/1e8a3-lets-get-ready/>

Find us on Facebook/Instagram at Parent Hub Sligo Leitrim

If you have an event, programme, or group for parents that you would like included on the calendar or you would like more information on the programmes and supports available, contact:

Roisin McBreen, Parent Hub Coordinator Sligo, Leitrim & West Cavan. Email:



parenthubcoordinator@sligochildcare.ie or Phone: 0877391569

