

# Parenting Supports in Co. Tipperary: April - June 2017



*WELCOME TO THE TIPPERARY CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEE PARENTING SUPPORT CALENDAR, Q. 2, 2017. THE INFORMATION BELOW IS ORGANIZED UNDER 4 SECTIONS, AS FOLLOWS:*

- Parenting Group Programmes
- Parenting Supports
- Parent & Toddler Groups / Mother & Baby Groups
- Parenting Talks

## **Parenting (Group) Programmes**

<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>
<b>Northern section of Co. Tipperary</b>	<b>Parents Plus 'Parenting when Separated':</b> <u>Group programme:</u> <ul style="list-style-type: none"> <li>- Solving co-parenting problems in a positive way that focuses on the needs of children</li> </ul>	<ul style="list-style-type: none"> <li>- 23<sup>rd</sup> March 2017</li> <li>- 6 weeks: 2 hrs. per session</li> <li>- Still open for referrals</li> <li>- 2<sup>nd</sup> programme to run in Q. 2, 2017, depending on number of referrals</li> </ul>	Barnardos, Thurles	Separated Parents of children & young people, 0 – 18 years, from North Tipperary area	<i>Barnardos Centre Thurles</i>  <i>Tel. (0504) 20018</i>  <i>North Tipperary Community Services Nenagh</i>  <i>Tel.( 067) 31800</i>

<b>Nenagh</b>	<p><b>‘What Can A Parent Do?’ Parenting 4-12 year olds (<i>Family Caring Trust</i>)</b>  <u>Group programme</u></p> <ul style="list-style-type: none"> <li>- Parenting course offering practical skills to help parents to be more effective.</li> </ul>	<ul style="list-style-type: none"> <li>• To start in Q. 2 (April – June 2017)</li> <li>• 7 weeks: 7.30 – 9.30 p.m.</li> </ul>	Loreto House, Nenagh	Parents of children, aged 4 – 12 years, from Nenagh & surrounding areas	<p><i>Fiona Naughnane</i>  <i>North Tipperary Community Services.(NTCS)</i></p> <p><i>Tel (067) 41924</i>  <i>087 7921883</i></p>
	<p><b>Mindful Parenting – for parents of children 4-12 years old:</b>  <u>Group programme</u></p> <ul style="list-style-type: none"> <li>- Parenting programme of child-centred mindfulness to practice at home.</li> </ul>	<ul style="list-style-type: none"> <li>• To start in Q. 2 (April – June 2017)</li> <li>• 4 weeks: 10.30 - 11.30. a.m.</li> </ul>	Loreto House, Nenagh	Parents of children, aged 4 – 12 years, from Nenagh & surrounding areas	<p><i>Fiona Naughnane</i>  <i>North Tipperary Community Services.</i></p> <p><i>Tel (067) 41924</i>  <i>087 7921883</i></p>
<b>Roscrea</b>	<p><b>Parents Plus ‘Children’s Programme’ (<i>Parents Plus</i>):</b>  <u>Group programme:</u></p> <ul style="list-style-type: none"> <li>- To develop a close and warm relationship with your child and to enjoy being their parent</li> <li>- Set rules and establish positive routines in the home</li> <li>- Manage difficult behaviour and discipline problems</li> <li>- Solve Childhood problems in a positive way that helps your child learn.</li> </ul>	<ul style="list-style-type: none"> <li>• To start early in Q.2, 2017</li> <li>• 8 weeks</li> </ul>	Copper Beech View Community Building, Roscrea, Co Tipperary	Parents of children aged 6-11 years from Roscrea and surrounding area	<p><i>Fidelma Mealiffe,</i>  <i>Family Resource Officer</i>  <i>Respond!</i></p> <p><i>Tel. 087 2726861</i></p>

<b>Templemore</b>	<b>Incredible Years Baby Programme</b> <u>Group programme:</u> To promote: <ul style="list-style-type: none"> <li>- Social, emotional, physical and language development of babies</li> <li>- Positive and nurturing parenting styles and supportive parenting networks</li> </ul>	<ul style="list-style-type: none"> <li>- To start: 4<sup>th</sup> May 2017</li> <li>- 8 Sessions: May – June 2017</li> </ul>	Youthwork Ireland Tipperary, Old Courthouse, Bank Street, Templemore	Parents <u>and</u> babies 0-12 months	<i>Sara Leahy,          More Family Project</i>  <i>Tel. (0504) 56641          087 2642203</i>  <i>Brigid Murphy,          North Tipperary Community Service,</i>  <i>Tel. (067) 41922          087 2780029</i>
<b>Clonmel</b>	<b>Parents Plus ‘Children’s Programme’ (Parents Plus):</b> <u>Group programme:</u> <ul style="list-style-type: none"> <li>- To develop a close and warm relationship with your child and to enjoy being their parent</li> <li>- Set rules and establish positive routines in the home</li> <li>- Manage difficult behaviour and discipline problems</li> <li>- Solve Childhood problems in a positive way that helps your child learn.</li> </ul>	<ul style="list-style-type: none"> <li>• To start in mid-May 2017</li> <li>• 2-hour weekly sessions</li> <li>• 8 weeks</li> </ul>	Le Chéile, Respond Centre, Oakland Drive, Clonmel	Parents of children, aged 5 - 13 years from Cashel	<i>Patricia Power,          Le Chéile project, Respond!</i>  <i>Tel. (052) 6129589          087 1954752</i>
<b>Carrick-on-Siúr</b>	<b>Common Sense Parenting (Boys Town Parenting programme):</b> <u>Group programme:</u> To help parents to: <ul style="list-style-type: none"> <li>- Build Family Relationships</li> <li>- Deal with problem behaviour</li> <li>- Teach social skills</li> <li>- Promote self control</li> </ul>	<ul style="list-style-type: none"> <li>• One programme to run in Quarter 2, 2017</li> <li>• 2-hour weekly sessions</li> <li>• 6 weeks</li> </ul>	Foróige NYP office, 16 Kickham Street, Carrick-on-Siúr	Parents of children, aged 6 – 16 years	<i>Foróige Neighbourhood Youth Project,, Carrick-on-Siúr</i>  <i>Sarah Dunleavy:          Tel.086-0479851</i>  <i>Siobhán Clifford:          Tel. 086-8331886</i>

<b>Tipperary town</b>	<b>Building Stronger Relationships and Managing Difficult Behaviours (<i>Positive Parenting for Changing Families</i>)</b> <u>Group programme:</u> - Developing positive relationships, attitudes and conduct.	<ul style="list-style-type: none"> <li>- To run in Q. 2, depending on numbers</li> <li>- 6 – 8 weeks</li> </ul>	Knockanrawley Resource Centre, Tipperary	Parents of children, 0 – 12 years, from Tipperary town and environs	<i>Helen Buckley, Parent &amp; Family Support Programme, Knockanrawley Resource Centre.</i>  <i>Tel. (062) 52688</i>
	<b>Parenting through Art (<i>Adlerian programme</i>):</b> <u>Group programme:</u> For parents to learn art and play skills within an Adlerian parenting framework in order to: <ul style="list-style-type: none"> <li>- Understand &amp; positively address their children’s behaviour</li> <li>- Introduce a democratic family model at home</li> </ul>	<ul style="list-style-type: none"> <li>• 6-8 weeks</li> <li>• Start date in Q. 2 to be confirmed, depending on numbers</li> </ul>	Three Drives FRC, Grenane Drive, Tipperary town	Parents of young children in Tipperary town & environs	<i>Three Drives Family Resource Centre, Tipperary town</i>  <i>Tel. (062) 80831</i>

**Parenting Support**

<u>Area</u>	<u>Details of services</u>	<u>When</u>	<u>Venue</u>	<u>Target Group</u>	<u>Contact Details</u>
<b>Northern section of Co. Tipperary</b>	<b>TLC Kidz programme</b> <ul style="list-style-type: none"> <li>- 12 week Groupwork programmes</li> <li>- For children and their mothers who have experienced Domestic Violence</li> </ul>	<ul style="list-style-type: none"> <li>• 9<sup>th</sup> March 2017</li> <li>• Taking referrals</li> </ul>	Nenagh	Children aged between 6-16 and Their mothers	<i>Barnardos Centre, Thurles</i>  <i>Tel. (0504) 20018</i>

<p><b>Northern section of Co. Tipperary</b> ( includes Ballina Borrisokane Borrisoleigh Cloughjordan Kilcommon Moatfield Newport Nenagh Portroe Templederry Thurles)</p>	<p><b>Community Mothers Programme (Nenagh /Thurles):</b></p> <ul style="list-style-type: none"> <li>- One-to-One support</li> <li>- Parent, Toddler and Baby Groups</li> <li>- Incredible Years Parent and Baby courses</li> <li>- Infant Baby massage</li> <li>- Breast-feeding support</li> </ul>	<ul style="list-style-type: none"> <li>• As required</li> </ul>	<p>Areas listed in column 1</p>	<p>Families living in the areas listed with children from birth to pre-school age.</p>	<p><i>Brigid Murphy, North Tipperary Community Service, Loreto House, Nenagh</i></p> <p><i>Tel. (067) 41922 087 2780029</i></p>
<p><b>Northern section of Co. Tipperary</b></p>	<p><b>Partnership with Families project: Advocacy service for parents of children in the care of Túsla</b></p> <ul style="list-style-type: none"> <li>- To support parents to engage with Túsla and other relevant services</li> <li>- To support parents to have continued involvement with their children in care</li> </ul>	<ul style="list-style-type: none"> <li>• Ongoing</li> </ul>	<p>Loreto House, Nenagh.</p>	<p>Parents of children in the care of Túsla in the North of the county.</p>	<p><i>Eileen Healy, Advocacy Worker, North Tipperary Community Services</i></p> <p><i>Tel.( 067) 31800</i></p>
<p><b>Northern section of Co. Tipperary</b></p>	<p><b>‘Moms on the Move’:</b> Peer Support Group for Mothers:</p> <ul style="list-style-type: none"> <li>- Supporting the challenges of parenting with a focus on parent’s Mental Health &amp; Wellbeing</li> </ul>	<ul style="list-style-type: none"> <li>• Ongoing</li> <li>• Thursday, 10 – 12 a.m.</li> </ul> <p><i>(Childcare is provided free of charge by Áras Folláin)</i></p>	<p>Áras Folláin, Peer Support Center, Tyone, Nenagh</p>	<p>Parents of children of all ages in the North of the county</p>	<p><i>Margo O’Donnell Roche, Áras Folláin, Tyone, Nenagh</i></p> <p><i>Tel. (067)41906 085 8607856</i></p>

<b>Southern section of Co. Tipperary</b>	<b>Teen Parent Support Programme</b> <i>(Positive Parenting for Changing Families programme)</i> <ul style="list-style-type: none"> <li>- One-to-One</li> <li>- Outreach service</li> </ul>	<ul style="list-style-type: none"> <li>• As required</li> </ul>	<p style="text-align: center;">-</p>	Teen parents aged 19 years and under in South Tipperary	<i>St. Catherine's Community Services, Carlow</i>  <i>Tel. (059) 9138700</i>
<b>Southern section of Co. Tipperary</b>	<b>Family Advocacy Service:</b> <u>Support for Families of Children in the care of Túsla</u> The Family Advocate will: <ul style="list-style-type: none"> <li>- Help parents prepare for meetings about their child in care</li> <li>- Assist parents to put their points of view across at meetings</li> <li>- Accompany parents to meetings about their child</li> <li>- Help parents find information about relevant services</li> </ul>	Ongoing	Three Drives FRC, Grenane Drive, Tipperary town	Parents of children in the care of Túsla in the South of the county.	<i>Imelda Farrell, Three Drives FRC, Tipperary town</i>  <i>Tel. (062) 80831</i>
<b>Nenagh and surrounding area</b>	<b>Parents Support Project:</b> services for families in need of a range of supports: <ul style="list-style-type: none"> <li>- Counselling support</li> <li>- Referral to other services</li> </ul>	<ul style="list-style-type: none"> <li>• On-going</li> </ul>	Loreto House, Nenagh	Parents from from Nenagh and surrounding areas	<i>Fiona Naughnane North Tipperary Community Services.(NTCS)</i>  <i>Tel (067) 41924 087 7921883</i>
<b>Roscrea</b>	<b>Parents Plus</b> <ul style="list-style-type: none"> <li>• Parenting programme</li> <li>• One-to-one</li> </ul>	<ul style="list-style-type: none"> <li>• As required</li> </ul>	North Tipperary LEADER Partnership (NTLP) office, New Line, Roscrea	Parents in Roscrea	<i>Aideen Connolly, NTLP</i>  <i>Tel. (0505) 23379</i>

<b>Templemore</b>	<b>Parenting Support</b> <ul style="list-style-type: none"> <li>• Advice/information on parenting</li> <li>• Support on issues affecting parenting</li> </ul>	<ul style="list-style-type: none"> <li>• Monday, Tuesday &amp; Thurs., 9-5 p.m.</li> <li>• Wed., 9–12 a.m.</li> <li>• Drop-In &amp; by Appointment</li> </ul>	Templemore Community Services Centre, Bank Place, Templemore	Parents of children aged 0-18 years in Templemore and environs	<i>Orlaith McDowell, Templemore Community Social Services</i>  <i>Tel. (0504) 31244</i>
<b>Templemore</b>	<b>Parenting Support</b> <ul style="list-style-type: none"> <li>• One-to-One</li> <li>• Advice on parenting</li> </ul>	<ul style="list-style-type: none"> <li>• As required</li> </ul>	Youthwork Ireland Tipperary, Old Courthouse, Bank Street, Templemore	Parents of children, 0 – 17 years	<i>Sara Leahy, More Family Project</i>  <i>Tel. (0504) 56641 087 2642203</i>
	<b>‘Mams Who Meet’</b> Peer Support Group	- Wednesdays 10.30 - 11.30am	Youthwork Ireland Tipperary, Old Courthouse, Bank Street, Templemore	Young mothers of children, 0 – 3 years	<i>Sara Leahy, More Family Project</i>  <i>Tel. (0504) 56641 087 2642203</i>
<b>Thurles area</b>	<b>Partnership with Parents</b> <ul style="list-style-type: none"> <li>- Support to parents and children</li> <li>- Tailored around specific needs</li> <li>- Includes structured parenting programme, parent-child work and work with children</li> </ul> Available on a <b>one-to-one</b> basis for parents	<ul style="list-style-type: none"> <li>• As required</li> </ul>	Barnardos Centre, Thurles, and in Family Home	Parents of children, 0 – 18, in Thurles Primary Care catchment area	<i>Barnardos Centre, Thurles</i> <i>Tel. (0504) 20018</i>
<b>Clonmel</b>	<b>Partnership with Parents</b> <ol style="list-style-type: none"> <li>Child &amp; Parent relationships</li> <li>Behaviour</li> <li>Routines</li> <li>Health</li> <li>Education</li> </ol> Available on a <b>one-to-one</b> basis for parents	<ul style="list-style-type: none"> <li>• As required</li> </ul>	Barnardos office, Clonmel	Parents of children and teenagers  0 – 17 years	<i>Barnardos</i>  <i>Tel. (052) 6170665 (052) 6170750</i>

<b>Clonmel</b>	<b>One-to-One Parenting Support (<i>Incredible Years Home Visiting Coach programme</i>):</b> <ul style="list-style-type: none"> <li>Advice on parenting</li> </ul>	<ul style="list-style-type: none"> <li>Tuesday</li> <li>9.30 – 1.00 p.m.</li> <li>Drop-In or by Appointment</li> </ul>	Le Chéile, Respond Centre, Oakland Drive, Clonmel	Parents of children, 0 – 18 years  From Clonmel town and environs	<i>Patricia Power, Le Chéile, Respond</i>  <i>Tel. (052) 6129589 087 1954752</i>
	<b>‘Cook It’ programme for parents:</b> Nutrition education programme based on the Food Pyramid for parents ( endorsed by HSE Health Promotion)	<ul style="list-style-type: none"> <li>To start in June 2017</li> <li>5 weeks</li> </ul>	Le Chéile, Respond Centre, Oakland Drive, Clonmel	Parents  Clonmel town	<i>Patricia Power, Le Chéile, Respond</i>  <i>Tel. (052) 6129589 087 1954752</i>
<b>Clonmel / Cahir/Cashel/ Carrick-on-Siúr</b>	<b>Clonmel Community Mothers Programme:</b> <ul style="list-style-type: none"> <li>Information re. Child Development &amp; Parenting</li> <li>Home Visits (Community Mothers)</li> <li>Ante-natal support</li> <li>Breast-feeding support</li> <li>Mother &amp; Baby Groups</li> <li>Parent &amp; Toddler Groups</li> </ul>	<ul style="list-style-type: none"> <li>As required</li> </ul>		Parents of children, 0 – 5 years in Clonmel, Cahir, Carrick-on-Siúr and Cashel.	<i>Jill Sandvoss, Clonmel Community Mothers Programme</i>  <i>Tel. (052)6128199</i>
<b>Cashel</b>	<b>Parenting Support (<i>Parents Plus Adolescent and Positive Parenting for Changing Families</i>)</b> <ul style="list-style-type: none"> <li>One-to-One</li> <li>Advice on Parenting</li> <li>Listening &amp; Referral service</li> </ul>	<ul style="list-style-type: none"> <li>Wednesday</li> <li>9.30 – 1.00 p.m.</li> <li>Drop-In or by appointment</li> </ul>	Spafield Family Resource Centre, Cashel	Parents of children, 2– 16 years from Cashel area	<i>Deirdre O'Connor, Spafield Family Resource Centre</i> <i>Old Road, Cashel Co. Tipperary</i>  <i>Tel. (062) 63622</i>



<b>Slieve Ardagh area</b>	<b>One-to-One Parenting Support</b> <u>Drop-in clinic:</u> - One-to-one - Parenting Support and Advice - A Listening Ear	<ul style="list-style-type: none"> <li>Monday, 9.30 a.m. – 12.30 p.m.</li> <li>Weekly</li> </ul>	Millennium Family Resource Centre, Glengoole	Parents from Slieve Ardagh / Glengoole, Killenaule, Ballingarry, & Mullinahone areas	<i>Julie O'Halloran, Millennium Family Resource Centre</i>  <i>Tel. (052) 9157992</i>
	<b>Parent Support Outreach Gortnahoe</b> <u>Drop-in clinic:</u> - One-to-one - Parenting Support and Advice - A Listening Ear	<ul style="list-style-type: none"> <li>Thursdays 10.30 – 12.30</li> <li>Fortnightly</li> </ul>	Gortnahoe Community Centre	Parents from Gortnahoe, Kilcooley, Grange, Ballysloe, Fennor	<i>Julie O'Halloran, Millennium Family Resource Centre</i>  <i>Tel. (052) 9157992</i>
	<b>Incredible Years Home Coaching Programme:</b> One-to-one parenting programme with a focus on: <ul style="list-style-type: none"> <li>Strengthening children's Social Skills, Emotional Regulation and School Readiness Skills.</li> <li>Using Praise and Incentives to Encourage Co-operative Behaviour</li> <li>Positive Discipline – Rules Routines &amp; Effective Limit Setting</li> <li>Positive Discipline – Handling Misbehaviour</li> </ul>	<ul style="list-style-type: none"> <li>10 week programme</li> </ul>	Millennium Family Resource Centre, Glengoole <u>or</u> in the Home.	Parents of children, aged 3 – 12 years, from Slieve Ardagh / Glengoole/ Killenaule/ Mullinahone/ Ballingarry	<i>Julie O'Halloran, Millennium Family Resource Centre</i>  <i>Tel. (052) 9157992</i>
	<b>Play Therapy service for children</b>	<ul style="list-style-type: none"> <li>Ongoing / As required</li> </ul>	Millennium Family Resource Centre, Glengoole	Children, aged 3 – 14 years	<i>Julie O'Halloran, Millennium Family Resource Centre</i>  <i>Tel. (052) 9157992</i>

<b>Tipperary town</b>	<b>Parenting Support (<i>Positive Parenting for Changing Families programme</i>)</b> <ul style="list-style-type: none"> <li>• One-to-One</li> <li>• Advice on parenting</li> </ul>	<ul style="list-style-type: none"> <li>• Ongoing basis</li> <li>• Mondays &amp; Wednesdays by appointment</li> </ul>	Knockanrawley Resource Centre, Tipperary	Parents of children, 0 – 12 years, from Tipperary town and environs	<i>Helen Buckley, Parent &amp; Family Support Programme, Knockanrawley Resource Centre. Tel. (062) 52688</i>
	<b>Parenting Support (<i>Positive Parenting for Changing Families programme</i>)</b> <ul style="list-style-type: none"> <li>• One-to-One</li> <li>• Advice on parenting</li> </ul>	<ul style="list-style-type: none"> <li>• As required</li> </ul>	Three Drives Family Resource Centre, Grenane Drive, Tipperary	Parents of children and young people in Tipperary town	<i>Three Drives Family Resource Centre, Tipperary town  Tel. (062) 80831</i>
	<b>SHE Group:</b> Lone Parent Group	<ul style="list-style-type: none"> <li>- Weekly session</li> <li>- Thursday, 11 – 1 p.m.</li> </ul>	Knockanrawley Resource Centre, Tipperary	Women who are Lone Parents in area of Tipperary town	<i>Knockanrawley Resource Centre.  Tel. (062) 52688</i>
	<b>Parenting Club</b> (Peer support & Mentoring Group)	<ul style="list-style-type: none"> <li>- Weekly session</li> <li>- Wednesday, 10.30 – 12.30 p.m.</li> </ul>	Knockanrawley Resource Centre, Tipperary	Parents in area of Tipperary town	<i>Knockanrawley Resource Centre.  Tel. (062) 52688</i>
	<b>Cook It!</b> Nutrition education programme based on the Food Pyramid for parents ( endorsed by HSE Health Promotion)	<ul style="list-style-type: none"> <li>- Start date: depending on numbers</li> <li>- 6 weeks</li> <li>- 2 hour sessions weekly</li> </ul>	Knockanrawley Resource Centre, Tipperary	Parents in area of Tipperary town	<i>Knockanrawley Resource Centre.  Tel. (062) 52688</i>
	<b>Art Therapy for children</b> <ul style="list-style-type: none"> <li>• One-to-one</li> <li>• Referrals from parents, schools, etc.</li> <li>• For children with issues around anxiety, bullying, anger management, withdrawing behavior, etc.</li> </ul>	<ul style="list-style-type: none"> <li>• As required</li> </ul>	Three Drives Family Resource Centre, Grenane Drive, Tipperary.	Children & young people, 4 – 18 years in Tipperary town	<i>Three Drives FRC, Tipperary town  Tel. (062) 80831</i>

<b>Tipperary town</b>	<b>Play Therapy for younger children</b> • As above	• As required	Three Drives FRC, Grenane Drive, Tipperary.	Children in Tipperary town	<i>Three Drives FRC, Tipperary town</i>  <i>Tel. (062) 80831</i>
<b><u>Parent &amp; Toddler Groups / Mother &amp; Baby Groups</u></b>					
<b><u>Area</u></b>	<b><u>Details of services</u></b>	<b><u>When</u></b>	<b><u>Venues</u></b>	<b><u>Target Group</u></b>	<b><u>Contact Details</u></b>
<b>Co. Tipperary</b>	<b>Parent &amp; Toddler Groups:</b> - 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 <u>web-link</u> below	Parents & Toddlers	<b><i>For full list of Parent &amp; Toddler Groups in the County, follow <u>web-link</u> below</i></b>
<b><i>For full list of Parent &amp; Toddler Groups in the County, please go to <u>Tipperary County Childcare Committee web link</u> at: <a href="http://tipperarychildcarecommittee.ie/parent-toddler-groups/">http://tipperarychildcarecommittee.ie/parent-toddler-groups/</a></i></b>					
<b>Littleton and surrounding areas</b>	<b>PEEPS Programme (Parent &amp; Toddler Groups)</b> - Structured programme where parents are supported to promote their child's Early Education needs.	- Weekly sessions on Wednesday mornings 10.30 – 12.00 a.m.  - Ongoing	Littleton/Moycarkey/Borris Community and Sports Centre, Littleton.	Parents & Babies/Toddlers	<i>Barnardos Centre, Thurles</i>  <i>Tel. (0504) 20018</i>
<b>Northern section of Co. Tipperary</b>	<b>Parent, Toddler &amp; Baby Groups</b> - Group Activities with parents & children to enhance development of children through play, story-telling & rhyme time	- Weekly sessions  - Ongoing	<b><u>12 locations:</u></b> in Ballina, Borrisokane, Nenagh, Portroe, Kilcommon, Thurles, Moatfield, Borrisoleigh, Silvermines, Latteragh, Cloughjordan, & Newport	Parents & Babies/Toddlers	<i>Brigid Murphy, Community Mothers, North Tipperary Community Services</i>  <i>Tel. (067)41922 087 2780029</i>

<b>Cahir Cashel Clonmel</b>	<b>Mother &amp; Baby Groups:</b> to meet other parents of babies with Community Mothers on hand to provide support and information.	- Weekly sessions - Ongoing	In Cashel, Cahir, & Clonmel	Mothers & babies	<i>Clonmel Community Mothers Programme</i>  <i>Tel. (052) 6128199</i>
-------------------------------------	---	--------------------------------	-----------------------------	------------------	---

### Parenting Talks

<u>Area</u>	<u>Subject of presentation &amp; Presenters</u>	<u>When</u>	<u>Venue</u>
<b>Newport</b>	<i>'Our Children will Talk if We Learn to Listen'</i>  Kenneth Heffernan, Psychotherapist	<ul style="list-style-type: none"> <li>• Thursday, 4<sup>th</sup> May 2017</li> <li>• 7.30 p.m.</li> </ul>	Newport College, Newport.
<b>Nenagh</b>	<i>'You Never Listen' (Understanding Family Dynamics)</i>  Dr. Fergus Heffernan, Psychologist & Kenneth Heffernan, Psychotherapist	<ul style="list-style-type: none"> <li>• Thursday, 11<sup>th</sup> May 2017</li> <li>• 7.30 p.m.</li> </ul>	Nenagh Arts Centre, Nenagh  <i>(Booking essential)</i>
<b>Nenagh</b>	<i>'The Worrying Child' (Kids' anxieties and how to respond to them)</i>  Dr. David Carey, Psychologist and Parenting Expert (Newstalk Radio Parenting Advice)	<ul style="list-style-type: none"> <li>• Wednesday, 14<sup>th</sup> June 2017</li> <li>• 7.30 p.m.</li> </ul>	Nenagh Arts Centre, Nenagh  <i>(Booking essential)</i>
<b>Horse &amp; Jockey</b>	<i>'Promoting Positive Self-Esteem and Confidence in Children'</i>  Dr. John Sharry, Family Psychotherapist	<ul style="list-style-type: none"> <li>• Thursday, 18<sup>th</sup> May 2017</li> <li>• 7.00 p.m.</li> </ul>	Horse & Jockey Hotel, Horse & Jockey, Thurles  <i>For further information: Tel. (0504) 90579 / treception@ntlp</i>

<p><b>Littleton</b></p>	<p><i>Advocacy in Action Event: 'Making Tipperary a great place for children &amp; young people to grow up in'</i> (Presentations &amp; Discussion)</p> <p>Organized by <u>Dyspraxia Support Tipperary</u> &amp; <u>Dyslexia Support Groups</u> with support of North Tipperary LEADER Partnership</p>	<ul style="list-style-type: none"> <li>• Friday, April 28<sup>th</sup> 2017</li> <li>• 7.00 p.m.</li> </ul>	<p>Moycarkey Borris Sports Complex, Littleton, Thurles.</p> <p><i>For further information:</i> <i>Tel. (0504) 90579 / treception@ntlp</i></p>
-------------------------	--	---	---

