

## Happy New Year from all in Cavan CYPSC

### Jacinta Kitt Webinar



There was great feedback from all in relation to the talk “Proactive Coping and Caring in Challenging Times” given by Jacinta at the networking event last month. Jacinta has kindly given permission for her talk to be shared so click [HERE](#) and the passcode is ??o6#dM^

We wish Jacinta an enjoyable and happy retirement.

### **FREE WEBINAR Jan 29, 2021 09:30 AM – 10.30AM** **Alcohol Use as a Response to Childhood Trauma**

Register in advance for this webinar :  
[Zoom Link Registration](#)

Great line up of speakers: Dr Sharon Lambert (UCC), Senator Eileen Flynn (first Traveller woman in Oireachtas), Michael O'Donnell (Gay Project, Cork), Caroline Munyi (AkiDwa) and Fergal Landy (PPFS, Tusla)

## **Alcohol Use** **As a response to** **childhood trauma**

Webinar will highlight how using substances as a response to childhood trauma makes sense to many & will examine how services can become trauma informed

SECOND WEBINAR IN A SERIES  
EXPLORING THE COMPLEX  
LINKS BETWEEN ALCOHOL &  
GENDER BASED VIOLENCE



**Fri. Jan 29th**  
**9.30-**  
**10.30am**

## Home schooling

Below is a link to a article in the Irish Examiner with a range of supports and resources that may support parents that may be homeschooling

**[Click here—Home school resources](#)**



## Our Generation

Co-operation Ireland will be holding a number of sector specific Information events over the coming months to provide those hardest to reach groups with more information about the OUR Generation Project and how it can help collaboratively work with organisations to support children and young people.

Noon on Zoom for specific groups on the dates stated.



## NOONTIME KNOWLEDGE SHARING EVENTS

To share information on the OUR Generation Project, Co-operation Ireland are excited to present a number of sector specific Information events to provide nuggets of Information about:

- OUR Generation Project - Who, What, Where, When & Why?
- OUR Generation Partners - What is their Role?
- OUR Generation Possibilities - What Opportunities are Available?
- OUR Next Steps - Let's Begin the OUR Generation Journey Together.

OUR Generation, a PEACE IV Programme which aims to promote positive mental health/build emotional resilience of children & young people aged 3-24 years and enhance capacity of their key contacts, have designed these sector specific Information events for organisations in Donegal, Sligo/Leitrim and Cavan/Monaghan in the Republic of Ireland who work with the target groups.

It will offer an opportunity to say hello and provide you with more information about the OUR Generation Project as well as the many opportunities available. The session will be very interactive and we look forward to finding out more about your group to discover if the OUR Generation Project can help support the work you do.

A project supported by the European Union's PEACE IV Programme, managed by the Special EU Programmes Body (SEUPB).



### To Book Register via Eventbrite Link

All events take place at 12 Noon on Zoom for specific groups listed on the following dates:

14/01/21: Women's Groups  
<https://www.eventbrite.co.uk/e/133222595369>

26/01/21: Additional Needs  
<https://www.eventbrite.co.uk/e/135969034041>

09/02/21: Ethnic Minorities  
<https://www.eventbrite.co.uk/e/135980219497>

23/02/21: Youth at Risk  
<https://www.eventbrite.co.uk/e/135981637739>

09/03/21: Sports/Arts Groups  
<https://www.eventbrite.co.uk/e/135982101125>

23/03/21: Ex-prisoners  
<https://www.eventbrite.co.uk/e/135982861399>

Once registered you will receive the Zoom link via e-mail to join. Events will not exceed 1 hour duration.

For more Information, contact the OUR Generation Team @ Co-operation Ireland:

Claire Heaney-McKee  
[claire@cooperationireland.org](mailto:claire@cooperationireland.org)  
07513870237

Colm Fanning  
[cfanning@cooperationireland.org](mailto:cfanning@cooperationireland.org)  
07852115118

Look forward to hearing from you!

## Keep Well

Cavan Co Co website has lots of useful local information and resources which aims to support people and communities to mind their physical and mental health

### Keep Well—Cavan County Council Website



## Vision Sports Ireland—Home Exercise Series.

Sessions will be audio described and tailored for the needs of participants who are blind and vision impaired. No experience is required and classes are suitable for all abilities.

Weekly classes start Tuesday 26th January via zoom, over the duration of 6 weeks, classes in Zoom Fitness and Nature Mindfulness will be delivered by qualified instructors.

Registration and full details available at:  
[visionsports.ie/home-exercise-series](https://visionsports.ie/home-exercise-series)





## 'Mental Health & Family Caring'

A great new resource that has been coproduced in partnership with Mental Health Ireland and Family Carers Ireland. This practical and accessible booklet called 'Mental Health & Family Caring' offers information, guidance, personal testimonials, self-care & reflection, practical tips and sign posting for family carers supporting people living with mental health challenges.

[Click here—Booklet Link](#)

And the Connect Cafes are continuing in 2021



**Mental Health Ireland**

**Date:** Tues 19th Jan 2021 (fortnightly thereafter)

**Time:** 11a.m

**Zoom Link:** <https://us02web.zoom.us/j/89492208040>

**Further details contact:** [miffy@mentalhealthireland.ie](mailto:miffy@mentalhealthireland.ie)

And there is a wallet card leaflet called 'Let's Talk Mental Health & Wellbeing'.

[Click Here](#) to see the card and if you would like more information on getting a supply please link in directly with [Miffy@mentalhealthireland.ie](mailto:Miffy@mentalhealthireland.ie)

## MENTAL HEALTH SUPPORTS

It's ok not to be ok, we are here to support you, please talk to us, we care about you

049 4364065  
[@Focusfric](#)

049 4372730  
[@teachoscailfric](#)

CAVAN  
 049 4369800

YOUR LOCAL GP CAN REFER YOU TO HSE MENTAL HEALTH SERVICES

**WE HAVE A LOCAL NETWORK OF SUPPORTS/PATHWAYS**

## Cavan Sports Partnership

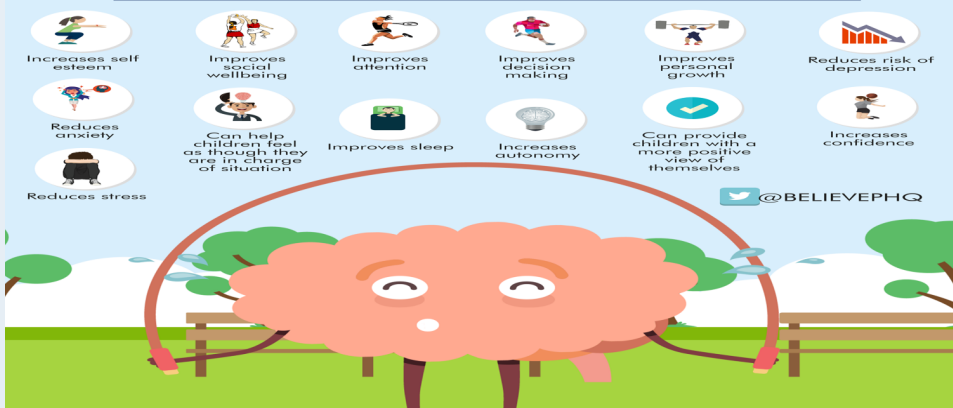
Have a range of information, resources and supports for helping keep active, motivated and its benefits.

Visit them on [Facebook](#) for lots of great advice

And keep an eye on the Journeys Programmes very own Susuanna on RTE's Operations Transformation



## THE MENTAL HEALTH BENEFITS OF EXERCISE FOR CHILDREN AND TEENAGERS



## Cavan's Operation Transformation Leader 2021



**RTE**



Sponsored by



Follow Susuanna's Operation Transformation journey on RTE1 on Wednesdays at 9.35pm weekly

## Cavan And Monaghan Rainbow Youth



@CAMrainbowyouth

### Weekly Online LGBTI+ Youth Groups (12 - 17 years & 18 - 24 years)

During the newest Lockdown measures, we have returned to online groups. Text/Watsapp or Email to receive link

**we are still here to help**

**you can contact us directly for assistance**  
see contact info below

info@camry.ie | www.camry.ie

**087 219 3904**

049 436 4065

*we continue to*

**STAND  
TOGETHER**

*by not*

**STANDING  
TOGETHER**



**#StopTheSpread #SocialDistancing #WashYourHands**

## ONLINE SUPPORTS

**SUPPORT FOR PARENTS OF,  
& TRANSGENDER / GENDER DIVERSE  
YOUNG PEOPLE**

**TRANSPARENCI**

Parents Group: Last Wednesday of the month



Transgender  
Equality  
Network  
Ireland

**TRANSFORMERS**

Youth Group: Last Thursday of the month

We are honoured to partner with TENI to provide this support in the Cavan Monaghan region.

Contact Us to pre register for zoom links.

e: info@camry.ie

|

p: 087 219 3904



