

Free Supports for Parents in County Carlow


Spring 2016

Parenting Workshops

The following parenting workshops/ groups are provided by Primary Care & Child Psychology Services, Carlow/ Kilkenny during 2016

Primary Care Workshops and Courses for Parents and Children

Title	Details	Date	Venue
Enhancing Behaviour Part 1	Parenting	Tuesday 12 th January	Shamrock Plaza, Carlow
Enhancing Behaviour Part 2	Parenting	Tuesday 19 th January	Shamrock Plaza, Carlow
Getting through to teens	Support in parenting teenagers	Tuesday 26 th January	Shamrock Plaza, Carlow
Ready, Steady, Relax	Anxiety Management	10am to 1pm Friday January 8th	Lacken, Kilkenny
Connect Through Play	Play Skills	10am to 1pm Friday 15 th January	Lacken, Kilkenny

 The above dates are approximate and may change, please contact Psychology Secretary Marie Murphy marie.murphy2@hse.ie Tel: 0567784736 for dates and venues

Parenting Programmes

Positive Parenting Children aged 6 to 11 years Parents Plus Programme

Date	Venue	Time	Duration
3 rd February to 16 th March 2016	Barnardos 24 Askea Lawns Carlow	10 a.m. - 12.30 p.m.	7 weeks

For further information or to book a place please contact
Sarah Gibson, **Barnardos** on 059 9132868 or email: info@carlow.barnardos.ie

Drop in – Parent Support Group

Date	Venue	Time	Duration
4 th February to 10 th March 2016 (Thursday mornings)	Barnardos 24 Askea Lawns Carlow	10 a.m. - 11.30 p.m.	6 weeks



For more information please contact **Cathrina Behan**, on **Barnardos** on 059 9132868

