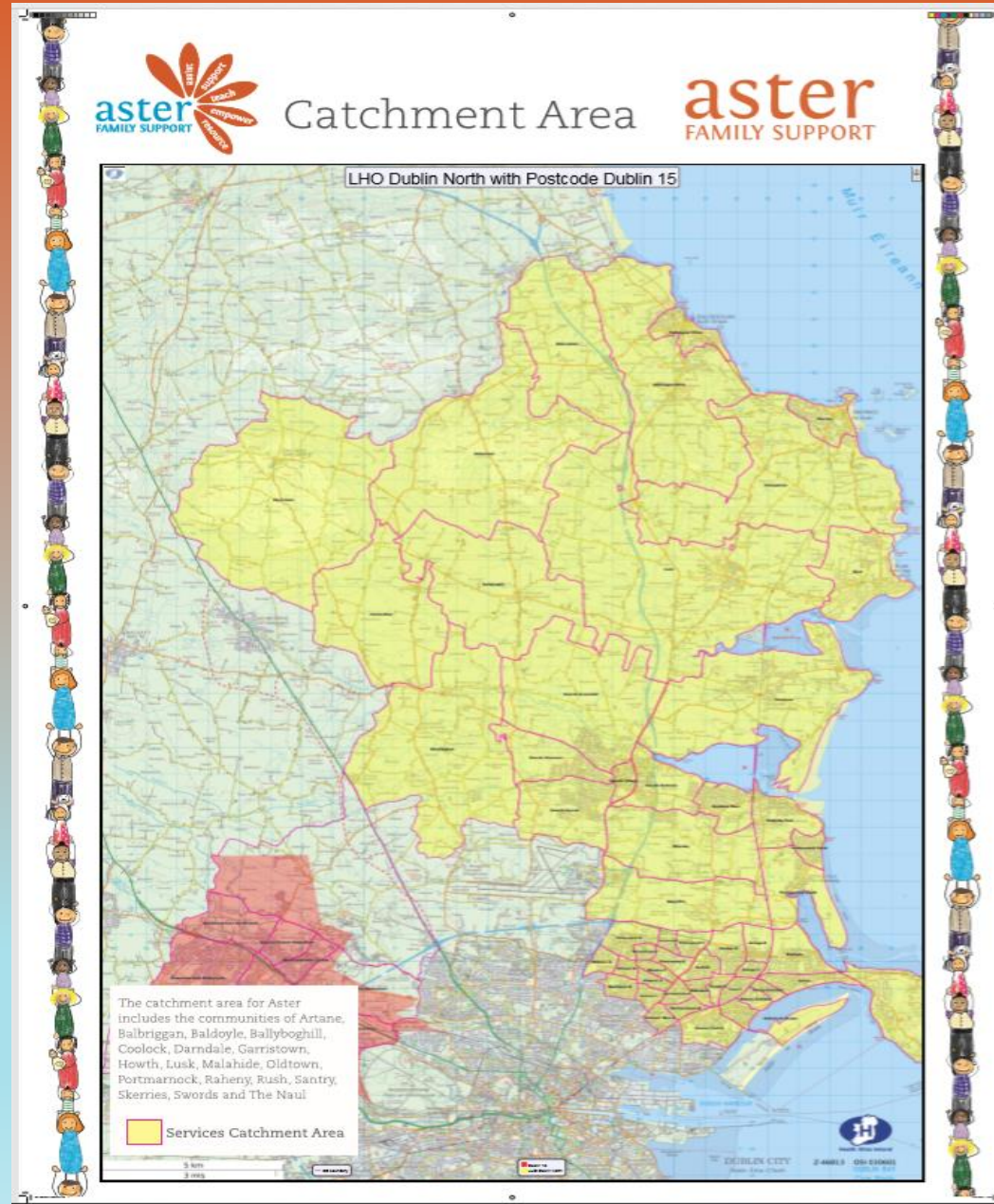




Aster Family Support & Aster Family Resource Centre aims to nurture children, their families or guardians by working with them to increase their capacity for day to day living and by building trust with them to support them to be healthy and to stay together.

Where we work:

Artane, Balbriggan, Baldoyle, Ballyboghill, Coolock, Darndale, Priorswood, Garristown, Howth, Lusk, Malahide, Oldtown, Portmarnock, Raheny, Rush, Santry, Skerries, Swords, The Naul



How we do it



This is done through the delivery of our 4 main Programmes

- Family Support
- Household Assist Programme
- Triple P Parenting Programmes
- Aster Family Resource Centre



Principles of Family Support Services

- To intervene early when difficulties arise in order to prevent problems escalating.
- To work in partnership with families, professionals and communities.
- To ensure interventions are needs led and strive for minimum intervention.
- To empower families to master the challenges in their lives and strengthen informal support networks.
- To recognise that all families have strengths which are unique and depend upon culture, beliefs and socioeconomic status.

Family Support



Family Support;

- Family support intervention is a time limited skills development approach and the engagement and commitment from the family is vital.
- We work with families to increase their capacity for self sufficiency by building on strengths, enhancing life skills and strengthening community linkages.

Activities include;

- Home, family & personal hygiene
- Supporting the educational and health needs of the family
- Ensuring attendance at appointments
- Supporting the Meitheal process
- Supporting re-unification plans
- Helping families to achieve their goals
- Parenting skills
- Advice and information on services
- Referrals & signposting

Household Assistance



Household Assistance;

- The Household Assistance programme helps with the planning and management of household challenges like budgeting, housing issues, social welfare applications, managing bills and signposting to other services.
- The aim of the programme is to empower households and families to effectively address problems and move forward positively.

Activities include:

- Budgeting and financial planning
- Advice and support to deal with debt and bills
- Setting up sustainable utility and bill management options
- Support with completing paperwork including social welfare applications
- Advice and support around housing issues
- Information about other supports and organisations
- Referral and signposting to other organisations
- Assistance with developing household management goals and plans

Triple P: Positive Parenting Programme



Triple P

Aster Family Support runs small group sessions of Triple P courses bringing families together to learn and develop new ideas. We also provide one-to-one support to families wanting to develop knowledge and skills of the Triple P programme in their home – usually with families who can't make it to the group sessions.

Triple P is a parenting program, but it doesn't tell people how to be parents. It's more like a toolbox of ideas. Families choose the strategies they need and how they want to use them.

The three Ps in 'Triple P' stand for 'Positive Parenting Program' which means family life is going to be much more enjoyable.

Triple P helps families to:

- Raise happy, confident kids
- Manage misbehaviour so everyone in the family enjoys life more
- Set rules and routines that everyone respects and follows
- Encourage behaviour that's positive for everyone
- Take care of yourself as a parent
- Feel confident you're doing the right thing

There are a number of different programmes in Triple P. Aster Family Supports tends to concentrate on the Universal, Early Years, Stepping Stones Programme and Teenage Triple P.



Family Resource Centre

Aster Family resource centre was established in 2018 and is part of the National FRC programme.

The aim of the FRC programme is to combat disadvantage and to improve the functioning of the family unit. Our primary focus is on early intervention, aiming to promote and protect the health, wellbeing and rights of all children, young people and their families paying particular attention to those who are vulnerable or at risk.

- Drop in Centre/Information Hub
- Training/education/health workshops
- Parent & Toddler Group
- Cool kidz club/After School Club
- Summer/Halloween/Christmas camps
- Foodbank
- PLAN (Parent Led Autism Network)
- Rainbows Centre

Referral Process



Referrals for Family Support are brought to a monthly Allocations meeting. These meetings include Family Support Co-ordinators from Tusla Family Support services.

We accept referrals from services and agencies who work with families within the community, and we accept self referrals from parents.

Triple P/Household Assist/FRC support

Further Information and referral forms are available via our website www.asterfamilysupport.ie

www.asterfamilysupport.ie

01-5161146/ Frc 01-????

Info email/frcemail

www.asterfamilysupport.ie

aster
FAMILY SUPPORT

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ABOUT FAMILY SUPPORT

Family Support is both a style of work and a set of activities which reinforce positive informal social networks through integrated programmes → [Learn More](#)



REFER A FAMILY

The Family Support Service will consider requests for family support services for families in the Tusla Child and Family Agency (CFA) administrative area of North Dublin only. → [Learn More](#)



CONTACT US

If you would like to ask us a specific question or need to talk to one of our team members at Aster, please visit the contact page and use our form or send us an email today. → [Contact Us Today](#)

WE ARE ASTER FAMILY SUPPORT

Aster Family Support provides services to parents and other caregivers of vulnerable children in the Dublin North area. Learn more about where we work.

[More Info](#)

