

SOUTH WEST KERRY FAMILY RESOURCE CENTRE



18 Main Street, Cahersiveen, Co. Kerry

Contact: Nancy Holmes-Smith **t:** 066 9481000

Parents Plus Programmes: (6 - 8 wk courses)

- Early Years (1 - 6 years)
- Childrens (6 - 11 years)
- Adolescents (11 years +)
- Parenting When Separated



Sexual Health:

Series of Workshops for Parents - tools and supports for parents to discuss the physical, mental and relationship changes with their children.

Strengthening Families Programme January 2014:

See description under Ballyspillane FRC.

Rainbows:

See description
under Maine FRC.



3 programme levels within Rainbows: Level 1: 4 - 6 yrs. Level 2: 7 - 8 yrs. Level 3: 9 - 11 yrs.

One to One Family Support & Counselling:

Always available with Family Support Worker Elaine Deinum or Coordinator Nancy Holmes-Smith.

Counselling:

Professional, fully accredited and experienced counsellor Niamh Mulligan (B.Rel.Sci, B.HDip. Counselling B. Deg. Psyc. MAICP) works for the Family Resource Centre providing a confidential service for adults, teenagers and children, to help deal with issues that are causing anxiety, stress, confusion or sadness; be it relationship or behavioural difficulties, or a loss, bereavement or change of some kind. available at subsidised cost.

For more information and to make an appointment
m: 087 203 7952

**Ballyspillane Community
&
Family Resource Centre Ltd.**
Supporting Families Supporting Communities



BALLYSPILLANE FAMILY RESOURCE CENTRE

Ballyspillane Family Resource Centre, Killarney, Co. Kerry

Contact: Michelle Moore **t:** 087 367 2963

Parents Plus: The Early Years (1-6):

A practical and positive parenting guide on how to promote confidence, learning and good behaviour in young children.

Cost: Free. **Duration:** 6 weeks.

Date: Spring 2014. **Time:** 10am - 12:30.

Strengthening Families Programme Spring 2015:

Fourteen week evidence based family skills training programme. Weekly facilitated sessions focus on developing teen, parent and family life skills and learning to put the skills into practice within a safe and supportive environment.



The Learning Support Unit is
an interagency collaboration
which support family
learning in South Kerry.



PARENTING SUPPORTS

available from

FAMILY RESOURCE CENTRES
IN SOUTH KERRY



Bringing up children is our most important responsibility and our children are unique...

...just as we all are in our approach to parenting. Sometimes, however, it helps to share ideas and concerns and coming together for a workshop or course can be the support we need to help us do our best

Family Resource Centres source and provide a wide range of parenting supports. This leaflet gives you a taste of what is available.

Programmes are always developing depending on the needs of people in our communities. Centres welcome enquiries and queries so make contact with your Family Centre and tell staff what would help you!

THE CAHA CENTRE

Tuosist, Co. Kerry

Contact: Noreen Murnane

t: 027 60909 **m:** 087 1217745



The Caha Centre

Parents Plus Courses:

Early years, children and adolescence programmes. The parents plus programmes are practical and positive evidence-based parenting courses designed to support and empower parents to manage and solve discipline problems, to create satisfying and enjoyable family relationships and to help children and young people grow up and reach their full potential.

All programmes are available to run once a sufficient number of participants express an interest in attending. A suggested fee for parenting courses is an optional donation of €3 per session.

KENMARE FAMILY CENTRE

Railway Road, Kenmare, Co. Kerry

Contact: Joy Clifford **m:** 087 7086641

e: kenmarecommunitycare@gmail.com



Courses Available:

Parents First- for Adolescents:

Delivered by *Southwest Counselling Centre*.

Parents Plus for age 0-6 years:

date to be confirmed.

CASTLEISLAND FAMILY RESOURCE CENTRE

Church St, Castleisland, Co. Kerry

Contact: Liz Galwey **m:** 087 755 3066

Parents Plus Adolescence & Children:

Courses are run subject to demand/numbers. End January/Early Feb 2014. Eight weeks.

Venue: Castleisland Family Resource Centre

KILLORGLIN FAMILY RESOURCE CENTRE LTD



Registration details for courses:

Contact: Kathleen Morris **t:** 066-9762933

e: killorglinfamilyresourcecentre@gmail.com

Support Group for Parents with children with ADHD:

Information sharing, personal development and development of a support group for parents.

Parenting Programme for Parents of children 0-6:

Information sharing, personal development, managing children's behaviour, child discipline, importance of developing good eating habits in children.

Cost: Free, with contribution for refreshments.

Duration: 6 weeks **Date:** Spring 2014.

Programme for Parents with Teenagers:

Building relationships with your teenager.

Cost: Free **Duration:** 6 weeks.

Date: Wednesday Spring 2014.

Counselling supports for Students & Parents:

Building relationships with your teenager.

Cost: Free to students, small Contribution from parents

DROICHEAD NA DAOINE FAMILY RESOURCE CENTRE



Registration details for courses:

Droichead na Daoine, Family Resource Centre, Seaview, Sneem. **Contact:** Maire Uí Leime **m:** 086 158 1218

Positive Parenting for 6-11 yr olds:

Course aims to prevent severe behavioural, emotional and developmental problems in children by enhancing the knowledge, skills and confidence of parents.

Cost: Small Donation. **Duration:** 7 weeks.

Time: 7-9.30pm **Date:** Spring 2014.

MAINE VALLEY FAMILY CENTRE

Registration details for courses:

Castlemaine Community Centre, Co. Kerry

t: 066 976 7833 **m:** 086 059 0019

Programmes offered on an ongoing basis at low cost or free and hosted in venues in the Castlemaine, Keel, Furies and Milltown areas.

Wibbly Wobbly Wonders :

Every Wednesday 11am-12noon (no cost) music and movement interacting with your child (0-3 years).

Parent First - Parenting Your Teen and Parenting Your Child (0-12 years):

The Parent First programme considers how parents connect with and build good relationships with their children. Through use of facilitator input and guided discussions the course aims to teach parents the skills of effective communication and conflict resolution.

Parents Plus - Adolescents Programme:

This course is a practical and positive guide to managing behaviour problems and promoting children's learning and confidence aged 11 to 16.

Rainbows:

Is a peer-support programme to assist children who are grieving a death, separation or other painful transition in their family.



Low Cost Counselling

Empowering Parents (DESSA):

A peer support programme for parents of children who experience disability to look at inclusion, advocacy, legal and policy provisions, and the emotional needs of parents themselves.

Regular courses from Social and Health Education Project (SHEP).

- Children & Bullying
- Family Communication
- Women's Wellbeing

