



Limerick Parenting Calendar: January – June 2020



The purpose the Limerick Parenting Calendar is to have a schedule of parenting programmes, events and workshops all listed in one place to make life that little bit easier for both parents and professionals.

It is divided into the following categories:

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Under each category, the listings are subdivided according to geography:

- East Limerick
- Limerick City
- West Limerick

All programmes listed fulfil the function of supporting parents in their role as a parent.

The Limerick Parenting Calendar includes parenting programmes, workshops and events only. Programmes for children and young people are not included.

If you wish to submit a listing to the Limerick Parenting Calendar, contact David Studer, Limerick CYPSC Coordinator – david.studer@tusla.ie

Go to www.loveparenting.ie for more information and links about children’s health and wellbeing, parenting and family support services.

Any queries relating to a specific listing should contact the name identified on the listing.

Parent Baby and Toddler Groups

There are more than 50 Parent Baby and Toddler Groups running across East Limerick, West Limerick and Limerick City.

Some Parent Baby and Toddler Group are parent-led and other are support by organisations. The groups provide a welcoming and lively space for parents and children to gather and grow. The Baby and Toddler Groups are also a springboard to other supports (workshops, parenting programmes etc.) and have a really important role in sign-posting parents and carers to other services and agencies.

For a full listing of groups go to www.loveparenting.ie/baby-toddler-groups/ or contact Limerick Childcare Committee <http://www.limerickchildcare.ie/> / 061-600918

Breastfeeding Supports

For a full listing of breastfeeding support groups in Limerick go to LoveParenting.ie <https://loveparenting.ie/breastfeeding-support-groups/> or MyChild.ie <https://www2.hse.ie/services/breastfeeding-support-search/?county=Limerick>.

The following link on MyChild.ie offers direct advice from lactation consultants: <https://www2.hse.ie/services/ask-our-breastfeeding-expert/>

We're Breastfeeding Friendly Limerick aims to help improve the health and wellbeing of breastfeeding mothers, babies and their families through the development and promotion of breastfeeding friendly businesses, organisations and communities. See the following link for a full listing of locations across Limerick city and county who have signed up to the We're Breastfeeding Friendly initiative: <https://www.limerick.ie/council/services/community-and-leisure/community-development/were-breastfeeding-friendly/locations>

Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
Antenatal Parenting Support					
City Centre	Mellow Bumps Group Programme This is an antenatal 6 week programme aimed at improving maternal well-being and the mother- infant relationship. Reducing stress levels and promoting positive attachment.	To be confirmed 6 weeks	University Maternity Hospital, Limerick Ennis Road, Limerick, V94 C566	Expectant mothers between 20-30 weeks gestation across the Mid West (Limerick, Clare and North Tipperary)	Anne Hegarty, UL Maternity Hospital 061 482965 Annej.hegarty@hse.ie
Limerick Maternity Hospital	Antenatal Class for young parents This class is facilitated by a midwife in the maternity to detail pregnancy, labour and beyond, concluding with a tour of the labour ward. This programme includes input on the care of your baby facilitated by Child Development Tutor Helen Ryan ABC Start Right and involves promotion of upcoming Mellow Bumps Programme. This class can be attended by the young parents and their partner or extended family members.	Thursday 19 th March 2020 1.45pm – 4.30pm	University Maternity Hospital, Limerick Ennis Road, Limerick, V94 C566	Young parents aged 14-25 years of age	Melissa Fitzgerald, Teen Parent Support Programme, Limerick Social Service Council, 061-314111 or melissa.fitzgerald@lssc.ie

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Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
Parents of 0 – 5 Years					
East Limerick					
Limerick City					
Ballynanty	<p>Incredible Years Toddler Parent Programme 12 week programme for parents of toddlers aged 1-3 years. Parents learn about helping their toddler to feel loved and secure; encouraging their toddler's language, social and emotional development; establishing clear and predictable routines; handling separations and reunions and using positive discipline to manage misbehaviour. The programme also looks at self-care and establishing peer support networks.</p>	<p>Starting Wednesday 22nd January 2020 12 weeks</p>	<p>Northside Family Resource Centre, 26-28 Clonconnane Road, Ballynanty, Limerick</p>	<p>Parents of toddlers aged 1 – 3 years</p>	<p>Pat Fitzpatrick, Community Development and Family Support Worker, Northside Family Resource Centre 061-326623</p>
Galvone	<p>Baby Massage Baby Massage classes guide parents to use a specifically designed series of strokes that combine Indian and Swedish massage along with Reflexology techniques and some gentle Yoga based exercises into a routine designed to be beneficial for infants. Baby Massage is a beautiful tool parents/caregivers can use to establish a strong bond and create a healthy</p>	<p>Thursday 23rd January 10.00am - 11.30am 5 Weeks</p>	<p>Child & Family Centre, Southside Education Campus, Galvone</p>	<p>Parents of Babies from birth to 12 months</p>	<p>Ger Hyland, Community Mother, Limerick Social Service Council, 061-314111 or gerardine.hyland@lssc.ie or Jeanne Ryan abcreferrals@paulpartnership.ie 061-419388 or 085-4152415</p>

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Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
	attachment. Baby Massage Instructors use dolls to demonstrate while parents/caregivers follow with their own baby.				
City Centre	<p>Baby Gentle Touch Reflexology</p> <p>Trained instructors will teach parents how to use gentle touch reflexology on their baby. The therapeutic touch applied to certain parts of their hands and feet can have an effect on the whole child</p> <ul style="list-style-type: none"> - help improve their sleep, - reduce their irritability - relieve their physical discomfort - improve baby parent bonding 	<p>Tuesday 28th January</p> <p>10.00am - 11.00am</p> <p>4/5 Weeks</p>	Limerick Social Service Centre, Upper Henry Street, Limerick, V94 2W14	<p>Parents of Babies from birth to 12 months</p> <p><i>Priority will be given to parents from ABC Start Right Target Areas (City Centre, Northside of Limerick City and Garryowen).</i></p>	<p>Referrals to:</p> <p>Jeanne Ryan abc referrals@paulpartnership.ie 061-419388 or 085-4152415</p>
Limerick City Centre	<p>Circle of Security Parenting Programme</p> <p>Circle of Security is a parent-reflection program that uses an eight-chapter DVD to educate parents and caregivers.</p> <p>The program presents video examples of secure and problematic parent/child interaction, healthy options in care giving, and animated graphics designed to clarify principles central to COS.</p> <p>Circle of Security Parenting implements decades of attachment research in an accessible step-by-step process for use in group settings, home visitation, or individual counseling.</p> <p>The programme works with parents of children from babies up to the age of 8.</p>	<p>Coffee Morning on Wednesday 29th January</p> <p>Programme begins on Wednesday 5th February</p> <p>9:30am - 12:00pm</p> <p>9 week programme</p>	Limerick Social Service Centre, Upper Henry Street, Limerick, V94 2W14	Parents of children from 0-6 years of age	<p>Maeve O’Doherty Community Mother, Limerick Social Service Centre</p> <p>061-314111 or maeve.odoherty@lssc.ie</p> <p>or</p> <p>Helen Ryan, Infant Mental Health Specialist ABC Start Right, PAUL Partnership</p> <p>061-419388 or hryan@paulpartnership.ie</p>

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Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
Limerick City Centre	<p>The Incredible Years Parent and Baby programme</p> <p>This programme is comprised of eight sessions that focus on the child's first year of life. The Incredible Years Infant programme supports parents and their babies in the following ways: learning how to observe and read babies' cues and signals; understanding babies as intelligent learners; learning about ways to provide physical and tactile stimulation for babies and its importance for brain development, understanding the importance of finding time for oneself to renew energy for parenting. Parents learn how to make their babies feel loved, safe and secure and how to encourage their baby's physical and language development. Parents are encouraged to build strong peer and social networks for themselves which will hopefully last far beyond the duration of the programme.</p>	<p>Thursday 30th January</p> <p>10:00am -12:30pm</p> <p>8 weeks</p>	<p>Garryowen Community Development Project, 23 John's St, Limerick, V94 W938</p>	<p>Parents of children from birth to 12 months and their babies</p>	<p>Eithne Egan Community Mother, Limerick Social Service Centre</p> <p>061-314111 or Eithne.egan@lssc.ie</p> <p>(co-facilitated with Margaret O'Riordan, PHN, Rixtown Health Centre)</p>
City Centre	<p>Baby Massage</p> <p>Baby Massage classes guide parents to use a specifically designed series of strokes that combine Indian and Swedish massage along with Reflexology techniques and some gentle Yoga based exercises into a routine designed to be beneficial for infants. Baby Massage is a beautiful tool parents /caregivers can use to establish a strong bond and create a healthy attachment. Baby Massage Instructors use dolls to demonstrate while parents/caregivers follow with their own baby.</p>	<p>Monday 2nd March</p> <p>10.00am -11.30am</p> <p>5 Weeks</p>	<p>Limerick Social Service Centre, Upper Henry Street, V94 2W14</p>	<p>Parents of Babies from birth to 12 months</p>	<p>Maeve O'Doherty, Community Mother, Limerick Social Service Council, 061-314111 maeve.odoherty@lssc.ie</p> <p>or</p> <p>Jeanne Ryan abcreferrals@paulpartnership.ie 061-419388 or 085-4152415</p>

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Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
Moyross	Baby Yoga Fun, interactive workshop for parents and babies to get babies moving and stretching in ways that will help their physical and emotional development.	Wednesday 4 th March 10.30-11.30am 5 Weeks	Watch House Cross Community Library, Moyross, Limerick	Parents of Babies from birth to 8 months <i>Priority will be given to parents from ABC Start Right Target Areas (City Centre, Northside of Limerick City and Garryowen).</i>	Referrals to Jeanne Ryan abcreferrals@paulpartnership.ie 061-419388 or 085-4152415
Moyross	Baby Gentle Touch Reflexology Trained instructors will teach parents how to use gentle touch reflexology on their baby The therapeutic touch applied to certain parts of their hands and feet can have an affect on the whole child -help improve their sleep, - reduce their irritability - relieve their physical discomfort - improve baby parent bonding	Tuesday 28 th April 10.30am - 11.30am 5 Weeks	Watch House Cross Community Library, Moyross, Limerick	Parents of Babies from birth to 8 months <i>Priority will be given to parents from ABC Start Right Target Areas (City Centre, Northside of Limerick City and Garryowen).</i>	Referrals to: Jeanne Ryan abcreferrals@paulpartnership.ie 061-419388 or 085-4152415
City Centre	Baby Yoga Fun, interactive workshop for parents and babies to get babies moving and stretching in ways that will help their physical and emotional development.	Thursday 30 th April 10.00am - 11.00am 5 Weeks	Barrack View Health Centre, Sarsfield Court, Lord Edward St, Limerick	Parents of Babies from birth to 8 months <i>Priority will be given to parents from ABC Start Right Target Areas (City Centre, Northside of Limerick City and Garryowen).</i>	Referrals to: Jeanne Ryan abcreferrals@paulpartnership.ie 061-419388 or 085-4152415
West Limerick					

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Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
Parents of 6 – 12 years					
East Limerick					
Croom & Ballingarry East Limerick	<p>Parents Plus Children’s Programme An evidence-based parenting course promoting confidence, learning and positive behaviour in children aged 6 to 11 years. Parents Learn About:</p> <ul style="list-style-type: none"> • Solving childhood problems • Play and special time with children • Building children’s self-esteem and confidence • Encouraging children’s learning/supporting homework • Setting rules and helping children keep them • Establishing daily routines • Managing misbehaviour using consequences and sanctions • Problem solving/talking problems through with children 	Thursday 6 th February 10.00am – 1.15pm 8 weeks	Croom Family Resource Centre High Street, Croom, Co. Limerick	Parents of children 6-11 years old.	Laura Bennett, Family Support & Community Development Officer, Croom FRC Familysupport@croomfrc.com or 061-602878

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Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
Limerick City					
Garryowen	<p>The Incredible Years Parent Programme (3-8 years)</p> <p>This programme has 14 sessions and supports parents and builds optimal parenting skills. The programme focuses on strengthening children's social skills, emotional regulation and school readiness skills, using praise and incentives to encourage cooperative behaviour, positive discipline - rules, routines and effective limit setting. Parents learn to strengthen parent-child interactions and reduce harsh discipline. Parents are encouraged to build strong peer and social networks for themselves which will hopefully last beyond the duration of the programme.</p>	<p>Friday 10th January 2020</p> <p>14 weeks</p>	<p>Garryowen Community Development Project, 23 John's St, Limerick, V94 W938</p>	<p>Parents of Children from Ages 3-8</p>	<p>Austin Newman, Home School Community Liaison, St. John's National School</p> <p>085-7560609</p>
West Limerick					

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Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
Parents of 13 – 18 years					
East Limerick					
Hospital – East Limerick Area	Strengthening Families Programme 14 week Family Skills Programme for teenagers aged 11-15 years. - Communication - Managing Stress - Problem Solving - Limit Setting	Referrals – Ongoing. Starting September 2019, Tuesday evenings from 6 p.m. to 8.30 p.m.	Hospital Family Resource Centre, Knockainey Rd., Hospital, Co. Limerick.	Parents and their teenagers aged between 11-15 years	Hospital FRC – Martha Potter 087 2813341
Limerick City					
Limerick City Centre	Parenting Teenagers Programme A Programme for Parents of Teenagers that focuses on relationships within the teenage years, family, peers, romantic and sexual relationships. The programme content includes: <ul style="list-style-type: none"> • Connecting with teenagers • Communication skills for dealing specifically with teenagers. • Encouraging independence • Self-discipline. The programme also develops confidence in communicating with teenagers in the area of sexual health and well-being.	TBC	TBC	Parents of Teenagers	Enda Keogh, Relationships and Sexual Health Project Worker, Limerick Social Service Centre 061-314111 or enda.keogh@lssc.ie

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Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
West Limerick					
West Limerick	<p>Parenting Teenagers Programme</p> <p>A Programme for Parents of Teenagers that focuses on relationships within the teenage years, family, peers, romantic and sexual relationships. The programme content includes:</p> <ul style="list-style-type: none"> • Connecting with teenagers • Communication skills for dealing specifically with teenagers. • Encouraging independence • Self-discipline. <p>The programme also develops confidence in communicating with teenagers in the area of sexual health and well-being.</p>	TBC	TBC	Parents of Teenagers	<p>Enda Keogh, Relationships and Sexual Health Project Worker, Limerick Social Service Centre</p> <p>061-3141111 or enda.keogh@lssc.ie</p>

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Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
Topic-based Parenting					
East Limerick					
Hospital – East Limerick Area	Cookery class Parents and their children of primary School age. Covering topics on Cooking Skills, Healthy shopping & Budgeting and food/meal & planning skills.	Starting Monday 24 th February 2020 6 p.m. to 9 p.m. 7 weeks	Youth Reach Hospital, Main St., Hospital, Co. Limerick.	Parents of children in primary school.	Hospital FRC - Martha Potter 087 2813341
Limerick City					
Galvone	Parents Plus Parenting When Separated Programme A practical and positive evidence-based course for parents who are preparing for, going through or have gone through a separation or divorce. Drawing on international long-term evidence, the Parenting when Separated Programme is a six week course that highlights practical steps parents can take to help their children cope and thrive as well as coping successfully themselves. Topics include: <ul style="list-style-type: none"> Solving co-parenting problems in a positive way that focus on the needs of children 	Tuesday 4 th February 10:00am - 12:30pm Six Week Programme	LSSC Child and Family Centre, Southside Education Campus, Galvone	Parents who are preparing for, going through or have gone through separation or divorce	Angie Murphy, Barnardos Limerick North, 061-329298 or angie.murphy@barnardos.ie or Mary McCall Limerick Social Service Council, 061-314111 or Mary.mccall@lssc.ie

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Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
	<ul style="list-style-type: none"> • Cope with the emotional impact of separation and learn stress management techniques • Help your children cope with the impact of the separation both emotionally and practically • Enhance communication with their children and with their children's other parent 				
City Centre	<p>Baby Massage for Young Parents Baby Massage classes guide parents to use a specifically designed series of strokes that combine Indian and Swedish massage along with Reflexology techniques and some gentle Yoga based exercises into a routine designed to be beneficial for infants. Baby Massage is a beautiful tool parents /caregivers can use to establish a strong bond and create a healthy attachment. Baby Massage Instructors use dolls to demonstrate while parents/caregivers follow with their own baby.</p>	To be confirmed	Limerick Social Service Centre, Upper Henry Street, V94 2W14	Parents of Babies from birth to 12 months	Melissa Fitzgerald, Teen Parent Support Programme, Limerick Social Service Centre 061-31411 or Melissa.fitzgerald@lssc.ie
City Centre	<p>International Women's Health and Parenting Group Provides support for parents around cultural differences in parenting and parental self-care and well-being as well as peer support.</p>	Group beginning in March 2020	Limerick Social Service Centre, Upper Henry Street, Limerick V94 2W14	International Mothers	Enda Keogh, Relationships and Sexual Health Project Worker, Limerick Social Service Centre. 061-314111 or enda.keogh@lssc.ie

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Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
City Centre	City Slickers Programme Engagement of group participants aged 14 – 25 years in a process of personal and social education to improve and develop their self-confidence, self-awareness, self-image and self-worth. 10 week programme run over one day a week	Group beginning in March 2020	Limerick Social Service Centre, Upper Henry Street, Limerick V94 2W14	Young Parents under 25 years of age and their children	Melissa Fitzgerald, Teen Parent Support Programme, Limerick Social Service Council 083-4098435 or 061-314111 Melissa.fitzgerald@lssc.ie
West Limerick					

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Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
Parenting Supports and Workshops					
East Limerick					
Croom	Grief, Loss and Change Course	Beginning Thursday 6 th February	Croom Family Resource Centre, High Street, Croom.	Parents/Guardians	Laura Bennett, Croom FRC 061-602878
Hospital	SKiPS – Special Kids Parents Support Group is a peer support group for parents, carers and family members that have a child with special needs.	3 rd Monday of the month from 7.30 p.m. 9.30 p.m.	Hospital Family Resource Centre, Knockainey Rd., Hospital, Co. Limerick.	Parents of children with special needs.	Mary McGrath, Hospital FRC 061-383884.
Hospital	SHEP ‘Seasons for Growth’ For those experiencing – Grief, Loss & Change.	Thursday mornings from 9.30 a.m. to 12 noon	Hospital Family Resource Centre, Knockainey Rd., Hospital, Co. Limerick.	Parents and individuals.	Martha Potter, Hospital FRC 087-2813341
Adare	Positive Parenting - An evening with psychologist and author Shane Martin A free seminar for parents and guardians of students attending ETB community colleges in Limerick.	Wednesday 18 th March 7.30pm – 9.00pm	Woodlands House Hotel, Adare	Parents and guardians of students attending ETB community colleges in Limerick	Email principal@cik.ie or office@cik.ie to attend.
Hospital	Counselling support Counselling for depression, anxiety, stress, bereavement, abuse, relationship breakdown etc.	Referrals – Ongoing	Hospital FRC, Knockainey Rd., Hospital, Co. Limerick.	Families, couples, adults and teenagers.	Ann Marie or Mary, Hospital FRC 061-383884.

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Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
Hospital	CSMT Drug and Alcohol Outreach Clinic Clinic aims to assist youths, families and communities to develop effective and supportive coping strategies to deal with substance misuse in East Limerick.	If you wish to make an appointment CSMT will endeavour to meet with you within two weeks.	Hospital Family Resource Centre, Knockainey Rd., Hospital Co. Limerick.	Young people & families	061-317688
Hospital	ADAPT Domestic Violence Outreach Clinic - Clinic provide outreach services throughout Limerick.	If the location or the time of a clinic does not suit you, the support worker will meet you in another place that is safe and private, at a time that suits you.	Hospital Family Resource Centre, Knockainey Rd., Hospital, Co. Limerick.	Provides services to women who are experiencing domestic abuse and their children (boys and girls up to the age of 18 years).	If you would like to talk to a support worker or arrange a meeting, phone the free 24 hour helpline on 1800 200 504, or the support workers mobile on 085 1982501 (during regular office hours).
Limerick City					
City Centre	Your Child's Self Esteem Parent Workshop	Thursday 9 th January 10.00am – 12.00pm	Barrack View Primary Care Centre, Lord Edward St., Limerick	Parents, carers and guardians living in Limerick city and county	Limerick Primary Care Psychology Service Call 061-461789 or 061-461791 to register interest or for more information
Moyross	Weaning A practical workshop to introduce your baby to solid foods, usually when your baby is between 4-6 months old. During the weaning process, the baby will progress from breast milk or formula milk only to a fully mixed diet with foods of different textures and tastes.	Tuesday 21 st January	Watch House Cross Community Library, Moyross, Limerick	Parents of Babies 0-6 Months <i>Priority will be given to parents from ABC Start Right Target Areas (City Centre, Northside of Limerick City and Garryowen).</i>	Referrals to: Jeanne Ryan abc referrals@paulpartnership.ie 061-419388 or 085-4152415 Or Community Mother, Limerick Social Service Centre 061-314111

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Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
City Centre	Toileting Difficulties and Training Parent Workshop	Thursday 6 th February 10.00am – 12.00pm	Barrack View Primary Care Centre, Lord Edward St., Limerick	Parents, carers and guardians living in Limerick city and county	Limerick Primary Care Psychology Service Call 061-461789 or 061-461791 to register interest or for more information
Southill	Weaning A practical workshop to introduce your baby to solid foods, usually when your baby is between 4-6 months old. During the weaning process, the baby will progress from breast milk or formula milk only to a fully mixed diet with foods of different textures and tastes.	Thursday 27 th February 10.00-11.00am	Southill Health Centre, O'Malley Park, Southill	Parents of Babies 0-6 Months <i>Priority will be given to parents from ABC Start Right Target Areas (City Centre, Northside of Limerick City and Garryowen).</i>	Referrals to: Jeanne Ryan abc referrals@paulpartnership.ie 061-419388 or 085-4152415 or Community Mothers, Limerick Social Service Centre 061-314111
City Centre	Your Child's Anxieties Parent Workshop	Thursday 5 th March 10.00am – 12.30pm (FULL)	Barrack View Primary Care Centre, Lord Edward St., Limerick	Parents, carers and guardians living in Limerick city and county	Limerick Primary Care Psychology Service Call 061-461789 or 061-461791 to register interest or for more information
Garryowen	Weaning A practical workshop to introduce your baby to solid foods, usually when your baby is between 4-6 months old. During the weaning process, the baby will progress from breast milk or formula milk only to a fully mixed diet with foods of different textures and tastes.	Wednesday 22 nd April 10.00am - 11.00am	Garryowen Community Development Project, 23 John's Street, Limerick	Parents of Babies 0-6 Months <i>Priority will be given to parents from ABC Start Right Target Areas (City Centre, Northside of Limerick City and Garryowen).</i>	Referrals to: Jeanne Ryan abc referrals@paulpartnership.ie 061-419388 or 085-4152415 or Community Mothers, Limerick Social Service Centre 061-314111

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Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
City Centre	<p>Weaning A practical workshop to introduce your baby to solid foods, usually when your baby is between 4-6 months old. During the weaning process, the baby will progress from breast milk or formula milk only to a fully mixed diet with foods of different textures and tastes.</p>	<p>Wednesday 27th May 10.00am - 11.00am</p>	<p>Limerick Social Service Centre, Upper Henry Street, Limerick V94 2W14</p>	<p>Parents of Babies 0-6 Months <i>Priority will be given to parents from ABC Start Right Target Areas (City Centre, Northside of Limerick City and Garryowen).</i></p>	<p>Referrals to: Jeanne Ryan abcreferrals@paulpartnership.ie 061-419388 or 085-4152415 Or Community Mothers, Limerick Social Service Centre 061-314111</p>
West Limerick					

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Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
Events					
East Limerick					
Croom	East Limerick Family Support Network presents: Bereavement, Grief & Separation for Children - An Information Evening Guest Speaker Sr. Helen Culhane from the Children's Grief Project.	Thursday 5 th March 7.00pm	Croom Enterprise Centre	Parents/Guardians	Please Contact. Croom FRC Laura Bennett (061) 602878 Pm us on our face book page East Limerick Family Support Network
Limerick City					
Dooradoyle	Storytime with Mary Murphy Stories and fun for babies and wobblers with children's author Mary Murphy followed by tea and coffee for parents.	Wednesday 5 th February 11.00am	Dooradoyle Library, Crescent Shopping Centre, Limerick	Parents/guardians and their babies and wobblers	Call Dooradoyle Library 061-556-860 to book a place.
West Limerick					
Newcastle West	Storytime with Mary Murphy Stories and fun for babies and wobblers with children's author Mary Murphy followed by tea and coffee for parents.	Thursday 6 th February 10.30am	Newcastle West Library, Newcastle West, Limerick	Parents/guardians and their babies and wobblers	Call Newcastle West Library 069-62273 to book a place.

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Parenting Limerick is an umbrella organisation composed of a network of groups which offer parenting and family support in Limerick city and county. Parenting Limerick is a sub-group of the Limerick Children and Young People's Services Committee (CYPSC).



Limerick CYPSC is part of a national initiative that brings together senior representatives of agencies that have a remit to deliver services to children, young people and their families around one table. Its purpose is to enhance the coordination of services and improve outcomes for children, young people and families.



Tusla Child and Family Agency is responsible for supporting and promoting the development, welfare and protection of children, and the effective functioning of families. Tusla provides a key operational role in the CYPSC initiative

LOVE PARENTING

For more information on parenting and parenting supports, go to www.loveparenting.ie

**Being a parent is...
the most important job in the world.**

Email: info@loveparenting.ie

