



Limerick Parenting Calendar: January – June 2021

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.

All listings are subject to change as a result of Covid-19. It is important that you contact the identified name on the listing to confirm time, start date, location etc.

For a full listing of Parenting and Family Support Services in Limerick city and county, download the Parenting Limerick [Information on Parenting Support in Limerick](#) brochure

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 supported 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

Many Baby and Toddler groups stopped running as a result of Covid-19. While some have not yet returned, others are back up and running either online or by meeting in outdoors spaces (when not at Level 5 restrictions). Contact your local baby and toddler groups to see what arrangements they have in place.

Breastfeeding Supports

For a full listing of breastfeeding support groups in Limerick go to LoveParenting.ie or MyChild.ie. MyChild.ie offers direct advice from lactation consultants.

[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. Click [here](#) a full listing of locations across Limerick city and county who have signed up to the We're Breastfeeding Friendly initiative.

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Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
Antenatal Parenting Support					
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.	TBC	University Maternity Hospital, Limerick Ennis Road, Limerick, V94 C566 if possible	Young parents aged 14-25 years of age	Maeve O'Doherty Teen Parent Support Programme Limerick Social Service Council, 061-314111 or maeve.odoherty@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					
Limerick City					
Limerick	<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 attachment. Baby Massage Instructors use dolls to demonstrate while parents/caregivers follow with their own baby.</p>	<p>Wednesday 10 February 10:30am -11:30am 5 weeks</p>	Zoom	Parents of babies from birth to eight months	<p>Jeanne Ryan abcreferrals@paulpartnership.ie 061 419388 or 085 4152415</p> <p>or</p> <p>Eithne Egan, Community Mother, Limerick Social Service Council, 061-314111; Eithne.egan@lssc.ie</p> <p>Or</p> <p>Evelyn Meenaghan, Community Mother, Limerick Social Service Council, 061-314111; evelyn.meenaghan@lssc.ie</p>
Limerick	<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 17 February 10.30am One off workshop</p>	Online	Parents of Babies 0-6 Months	<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
Limerick	Baby Reflexology Baby Reflexology classes guide parents to use specifically designed reflexology techniques with your baby to enhance nurturing relationships with your baby and to support the development of a sense of security and attachment. Reflexology is the application of touch and massage to areas of the feet or hands that correspond to specific areas of the body, which are mapped out on the hands and feet. Baby instructors use dolls to demonstrate while parents/caregivers follow with their own baby.	Thursday 25 February 10:00am - 11:00am Five Week Programme		Parents of babies from birth to eight months	Jeanne Ryan abcreferrals@paulpartnership.ie 061 419388 or 085 4152415 <i>or</i> Eithne Egan, Community Mother, Limerick Social Service Council, 061-314111; Eithne.egan@lssc.ie
Limerick City	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 24 March 10.30am One off workshop	Limerick Social Service Council <i>Workshop will be delivered online unless otherwise safe to do so (TBC closer to date).</i>	Parents of Babies 0-6 Months	Jeanne Ryan abcreferrals@paulpartnership.ie 061-419388 or 085-4152415
Limerick Northside	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	Tuesday 27 April 10:30am - 11:30am Five Week Programme	Initial Sessions via ZOOM in line with current government guidelines; venue to shift to Watch House Cross Library if possible.	Parents of babies from birth to eight months	Jeanne Ryan abcreferrals@paulpartnership.ie 061 419388 or 085 4152415 <i>or</i> Maeve O'Doherty, Community Mother, Limerick Social Service

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	strong bond and create a healthy attachment. Baby Massage Instructors use dolls to demonstrate while parents/caregivers follow with their own baby.				Council, 061-314111 or maeve.odoherty@lssc.ie
Limerick City Southside	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 6 May 10.30am One off workshop	Child and Family Centre, Galvone <i>Workshop will be delivered online unless otherwise safe to do so (TBC closer to date).</i>	Parents of Babies 0-6 Months	Jeanne Ryan abcreferrals@paulpartnership.ie 061-419388 or 085-4152415
Limerick City Northside	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 15 June 10.30am • One off workshop	Watchouse Cross Library <i>Workshop will be delivered online unless otherwise safe to do so (TBC closer to date).</i>	Parents of Babies 0-6 Months	Jeanne Ryan abcreferrals@paulpartnership.ie 061-419388 or 085-4152415
West Limerick					
West Limerick	Parenting Support '21 Programme 6 week - Group programme 1. Self-care for Parents 2. Receptive listening ear 3. Nurturing a strong foundation with children 4. Promoting positive interaction 5. Building good communication	Wed 24 th February to Wed April 7 th 11.00am to 12.30pm	Programme is on line through Zoom Support on Linking in to programme available organised once registered.	Parents of children under 12 years	Mary O Connor on 087-903-5728 Or moconnor@wlr.ie

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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					
East Limerick Area	<p>Parents Plus Childrens 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 	<p>Tuesday 16 February</p> <p>8 week programme</p> <p>7.30pm – 9.30pm</p> <p>*Nominal fee of €10</p>	Online	Parents of 6 – 11 year olds	<p>Hospital FRC - Martha Potter 087 2813341</p> <p>Croom FRC – Laura Bennett 083 8646093</p>
Hospital – East Limerick Area	<p>Cookery class Parents and their children of primary School age. Covering topics on Cooking Skills, Healthy shopping & Budgeting and food/meal & planning skills.</p>	<p>Monday, 6 - 9.00pm</p> <p>Start date to be confirmed</p>	Youth Reach Hospital, Main St., Hospital, Co. Limerick.	Parents of children in primary school.	<p>Hospital FRC - Martha Potter 087 2813341</p>

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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.	Tuesday, 6 - 9.00pm Start date to be confirmed	Youth Reach Hospital, Main St., Hospital, Co. Limerick.	Parents of children in primary school.	Hospital FRC - Martha Potter 087 2813341
West Limerick					
West Limerick	Parenting Support '21 Programme 6 week - Group programme <ul style="list-style-type: none"> • Self-care for Parents • Receptive listening ear • Nurturing a strong foundation with children • Promoting positive interaction • Building good communication 	Wed 24 th February to April 7 th excluding 11.00am to 12.30pm	Programme is on line through Zoom Support on Linking in to programme available organised once registered.	Parents of children under 12 years	Mary O Connor on 0879035728 Or moconnor@wlr.ie

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Parents of 13 – 18 years					
Limerick City					
Limerick	<p>Parents Plus Adolescent Programme</p> <p>This programme is a practical, solution-focused and draws on parents strengths. It is suitable for parents of adolescents, including those with additional needs, such as ADHD. It is flexible and can be delivered over 6-12 weeks in small groups or with individuals.</p> <p>The programme aims to support parents of adolescents to:</p> <ul style="list-style-type: none"> • Manage and resolve conflict • Build self-esteem and confidence • Create warm connected relationships • Positively discipline their adolescent • Negotiate rules and boundaries • Solve problems together • Communicate positively and effectively • Reduce their own stress as parents 	TBC; Post Easter Break	Zoom or in person if possible	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
Topic-based Parenting Programmes					
East Limerick					
East Limerick Area	SHEP – Supporting Parents of children with Anxiety: Topics covered – Supporting children with worries, exploring the ‘Good enough Parent’, communication and listening, supporting yourself as a parent.	Starting Monday 1 st February from 10 a.m. to 12.30 p.m. for 8 weeks.	Remote Learning on Zoom	Parents	Hospital FRC – Martha Potter 087 2813341 Croom FRC – Laura Bennett 083 8646093 Ballyhoura Development CLG – Clare Jordan 087 4169450
Limerick City					
Limerick	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 • Cope with the emotional impact of separation and learn stress management techniques 	Tuesday 23 February 10:30am - 12:00pm Seven 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	Enda Keogh, Relationships and Sexual Health Project Worker, Limerick Social Service Centre. 061-314111 or enda.keogh@lssc.ie or Mary Danaher, Limerick Social Service Centre. 061-314111 or mary.danaher@lssc.ie

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	<ul style="list-style-type: none"> • 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 				
Limerick City Centre	<p>City Slickers Programme</p> <p>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</p>	TBC	Limerick Social Service Centre, Upper Henry Street, Limerick, V94 2W14 if possible	Young parents aged 14- 25 years of age	<p>Maeve O'Doherty, Teen Parent Support Programme Limerick Social Service Council, 061-314111</p> <p>maeve.odoherty@lssc.ie</p>

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Parenting Supports and Workshops					
For a full listing of Parenting and Family Support Services in Limerick city and county, download the Parenting Limerick Information on Parenting Support in Limerick brochure					
East Limerick					
Hospital – East Limerick Area.	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 at 7.30 p.m. Start date to be confirmed	Hospital FRC, Knockainey Rd., Hospital, Co. Limerick.	Parents of children with special needs.	Hospital FRC – Mary McGrath 061 383884.
Hospital – East Limerick Area	Time For Me – Programme to improve a person’s physical and mental well-being, take control of their day to day life choices by identifying causes of stress and anxiety and how to manage them positively.	Tuesday evenings 7p.m. to 9 p.m. Start date to be confirmed	Hospital FRC, Knockainey Rd., Hospital, Co. Limerick.	Parents and Individuals	Hospital FRC – Martha Potter 087 2813341
East Limerick Area	SHEP – Seasons for Growth: Change Loss and Grief - Topics covered -Minding yourself through change and loss, tools of wellness and managing stress, opportunities to look at how change, loss and grief has impacted on your lives.	Starting Monday 1 st of February from 7 p.m. to 9 p.m. for 8 weeks.	Remote Learning on Zoom	Parents and individuals	Hospital FRC – Martha Potter 087 2813341 Croom FRC – Laura Bennett 083 8646093 Ballyhoura Development CLG – Clare Jordan 087 4169450

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East Limerick Area	SHEP – Managing Stress in our daily Lives – Topics Covered: What is stress, stress cycle and effects of stress, Making time for ourselves, managing time, techniques for dealing with stress that cannot be avoided and relaxation etc.	Starting Thursday 4 th February from 7p.m. to 9 p.m. for 8 weeks.	Remote Learning on Zoom	Parents and individuals	Hospital FRC – Martha Potter 087 2813341 Croom FRC – Laura Bennett 083 8646093 Ballyhoura Development CLG – Clare Jordan 087 4169450
Hospital – East Limerick Area	On-line Parent Support: Support and activities, games and chats for parents with toddlers and pre-school age children.	Referrals On-going	Remote on Zoom	Parents with toddlers and preschool children	Phil 085 8703214 Michelle 086 8888105
Hospital - East Limerick Area	CSMT Drug and Alcohol Out-reach 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 FRC, Knockainey Rd., Hospital Co. Limerick.	Young people & families	061 317688
Hospital – East Limerick Area	ADAPT Domestic Violence Out Reach Clinic - We 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.	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 FRC, 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, please phone our free 24 hour helpline on 1800 200 504, or the support workers mobile on 085 1982501 (during regular office hours).
Limerick City					
Limerick City Limerick City Centre	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.	TBC; Post Easter Break	TBC	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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Limerick City Online	Effective Communication for Better Relationships Build self-esteem and develop skills and awareness to improve communication in ways that help enhance the quality of life and relationships.	Monday 22 February 7.00pm – 9.30pm 9 week programme	Online	Parents and individuals	Anita: 085-8626844 info@socialandhealth.com
Limerick City Online	Intro to Personal Development For people who have an interest in their own health and well-being, people who experience emotional distress at times and who would like to work together with others to explore ways to enhance their well-being.	Thursday 25 February 7.00pm – 9.30pm 9 week programme	Online	Parents and individuals	Anita: 085-8626844 info@socialandhealth.com
Online					
Online	Your child's/adolescent's Anxieties Parent Workshop	Thursday 7 January 10.00am – 11.30am	Virtual Platform - Delivered by Primary Care Child and Family Psychology Service	Parents/guardians of children and adolescence aged 0-18 living in Limerick city and county.	Primary Care Child and Family Psychology Service 061-461788 / 061-461789 061-461791 / 061- 461792 061 - 461816
Online	Parenting Talk on Raising your child in Ireland today Topics- - How to avoid/reduce conflicts - Communication. - Techniques - Strategies Guest speaker - John Lonergan	Wednesday 3 February 7.30 – 8.30pm	Online Delivered by Ballyhoura Development	Parents/guardians of children and adolescence aged 0-18 living in Limerick city and county.	Register at: https://www.ballyhouradevelopment.com/Event/raising-your-child-in-ireland-today

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Online	Your child's/adolescent's Self Esteem Parent Workshop	Thursday 4 February 10.00am – 11.30am	Virtual Platform - Delivered by Primary Care Child and Family Psychology Service	Parents/guardians of children and adolescence aged 0-18 living in Limerick city and county.	Primary Care Child and Family Psychology Service 061-461788 / 061-461789 061-461791 / 061- 461792 061 - 461816
Online	Parenting Talk on The importance of self-care Topics - Understanding and supporting behaviours - Supporting emotional & mental health. - Wellbeing of your child. Guest Speaker - Caroline Crotty. Time	Wednesday 10 February 7:30- 8:30pm	Online Delivered by Ballyhoura Development	Parents/guardians of children and adolescence aged 0-18 living in Limerick city and county.	Register at: https://www.ballyhouradevelopment.com/Event/the-importance-of-self-care-talk
Online	The whys and hows of Temper Tantrums Parent Workshop	Thursday 4 March 10.00am – 11.30am	Virtual Platform - Delivered by Primary Care Child and Family Psychology Service	Parents/guardians of children and adolescence aged 0-18 living in Limerick city and county.	Primary Care Child and Family Psychology Service 061-461788 / 061-461789 061-461791 / 061- 461792 061 - 461816
Online	Plugged in, Switched off This webinar and workshops will address the issue of Digital Wellbeing and Screen Time for children with a solution focused angle. The aim of the webinar is to empower parents and professionals with tools and strategies to help manage children's Screen Time and Digital Wellbeing, as well as to discuss and learn from each other in break out workshops based on different themes.	Tuesday, 30 March 10.00am – 12.00pm	Online	parents and professionals working with children	Register at: https://www.eventbrite.ie/e/plugged-in-switched-off-tickets-138954299049

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Online	Promoting Well-Being and Self-Care for Parents Parent Workshop	Thursday 15 April 10.00am – 11.30am	Virtual Platform - Delivered by Primary Care Child and Family Psychology Service	Parents/guardians of children and adolescence aged 0-18 living in Limerick city and county.	Primary Care Child and Family Psychology Service 061-461788 / 061-461789 061-461791 / 061- 461792 061 - 461816
Online	Screentime Parent Workshop	Thursday 6 May Time TBC	Virtual Platform - Delivered by Primary Care Child and Family Psychology Service	Parents/guardians of children and adolescence aged 0-18 living in Limerick city and county.	Primary Care Child and Family Psychology Service 061-461788 / 061-461789 061-461791 / 061- 461792 061 - 461816
Online	Self-Esteem Parent Workshop	Thursday 3 June Time TBC	Virtual Platform - Delivered by Primary Care Child and Family Psychology Service	Parents/guardians of children and adolescence aged 0-18 living in Limerick city and county.	Primary Care Child and Family Psychology Service 061-461788 / 061-461789 061-461791 / 061- 461792 061 - 461816

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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

