

Limerick Parenting Calendar: January – June 2022

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.

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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					
Mid-West (Limerick, Clare and North Tipperary)	<p>Mellow Bumps Group Programme This is an antenatal 6 week programme for Mums -to -be , aimed at improving maternal wellbeing and the mother- infant relationship. Reducing stress levels and promoting positive attachment.</p>	<p>April 2022 (For start dates contact Anne Hegarty UMHL) 6 x 2 hour sessions over 6 weeks Furrther programmes are scheduled for: - September 2022 - November 2022</p>	Limerick City Venue TBC	<p>Mums- to -be: Expectant mothers at between 20-30 weeks gestation across the Mid-West (Limerick, Clare and North Tipperary)</p>	<p>Anne Hegarty, UL Maternity Hospital 061 482965 Annej.hegarty@hse.ie</p>

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Parents of 0 – 5 Years					
Limerick City					
Limerick city	<p>Parents Plus Early Years Programme A programme for parents of children ages 1-6. The programme provides support in the following areas:</p> <ul style="list-style-type: none"> • Help your children develop good attachments and relationships • Manage tantrums and misbehaviour • Build your children’s language and development • Reduce your own stress as parents • Help your children to concentrate and learn • Increase your children’s self-esteem • Establish positive daily routines 	<p>Starting Wednesday, January 26th</p> <p>10:30-12:30</p> <p>8 weeks</p>	Limerick Social Service Council, Henry Street	Parents of children, ages 1-6	<p>Joanne Ryan, Limerick Social Service Council, 061-314111; joanne.ryan@lssc.ie</p> <p>Or</p> <p>Evelyn Meenaghan, Limerick Social Service Council, 061-314111; evelyn.meenaghan@lssc.ie</p>
Southill	<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</p>	<p>Starting Early February</p> <p>10.00-11.30am</p> <p>5 weeks</p>	Southill Hub, Donough O’Malley Park, Limerick	Parents/Carers of babies from birth to eight months	<p>Niamh Treacy ABC Start Right 061 419388 abcreferrals@paulpartnership.ie</p> <p>A waiting list is in operation for this programme. Please contact to register in advance of attendance.</p>

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	bond and create a healthy attachment. Baby Massage Instructors use dolls to demonstrate while parents/caregivers follow with their own baby.				
Ballynanty	<p>Baby Massage</p> <p>These 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.</p> <p>Baby Massage Instructors use dolls to demonstrate while parents/caregivers follow with their own baby.</p>	<p>Starting Tuesday 1st February 2022</p> <p>10.30 a.m. – 12 p.m.</p> <p>5 weeks: 1.5 hrs per week.</p>	Northside Family Resource Centre, Clonconnane Road, Ballynanty, V94 APX8.	Parents of babies from Birth to Pre-crawlers, 0-6 months	<p>Pat Fitzpatrick</p> <p>061-326623</p> <p>patfitzpatrick@northsidefrc.ie</p>
Roxboro	<p>Incredible Years Parent & 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</p>	<p>Starting Early February</p> <p>10.30am</p> <p>8 Weeks</p>	LSSC Child and Family Centre, Southside Education Campus, Galvone	Parents/Carers of children from birth to 12 months and their babies	<p>Niamh Treacy</p> <p>ABC Start Right</p> <p>061 419388</p> <p>abcreferrals@paulpartnership.ie</p> <p>A waiting list is in operation for this programme. Please contact to register in advance of attendance</p>

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	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.				
Barrack View	"Happy Feet" Gentle Touch 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.	Starting Early March 10-11.30am 5 Weeks	Barrack View Health Centre, Sarsfield Court, Lord Edward St, Limerick	Parents/Carers of babies from birth to eight months	Niamh Treacy ABC Start Right 061 419388 abcreferrals@paulpartnership.ie A waiting list is in operation for this programme. Please contact to register in advance of attendance
Limerick City	Incredible Years Toddler Programme This 12-week programme encourages parents of young children to: <ul style="list-style-type: none"> • Help their toddlers feel loved and secure • Encourage their toddler's language, social, and emotional development. • Establish clear and predictable routines. • Handle separations and reunions • Use positive discipline to manage misbehaviour 	Starting Wednesday 11 th April 2022 10.00 a.m. – 12.00 p.m. 12 weeks: 2 hours per week.	Northside Family Resource Centre, Clonconnane Road, Ballynanty, V94 APX8.	Parents of children 10 months – 3.5 years	Pat Fitzpatrick 061-326623 patfitzpatrick@northsidefrc.ie

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TBC	“Happy Feet” Gentle Touch 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.	Starting Late April 10-11.30am 5 Weeks	TBC	Parents/Carers of babies from birth to eight months	Niamh Treacy ABC Start Right 061 419388 abcreferrals@paulpartnership.ie A waiting list is in operation for this programme. Please contact to register in advance of attendance
Moyross	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.	Starting late April 10-11.30am 5 Weeks	Moyross Community Hub	Parents/Carers of babies from birth to eight months	Niamh Treacy ABC Start Right 061 419388 abcreferrals@paulpartnership.ie A waiting list is in operation for this programme. Please contact to register in advance of attendance

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TBC	<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>Starting early May</p> <p>Time TBC</p> <p>5 Weeks</p>	TBC	Parents/Carers of babies from birth to eight months	<p>Niamh Treacy ABC Start Right 061 419388 abcreferrals@paulpartnership.ie</p> <p>A waiting list is in operation for this programme. Please contact to register in advance of attendance</p>

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Parents of 6 – 12 years					
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 February 2022	Youth Reach Hospital, Main St., Hospital, Co. Limerick.	Parents/ guardians and their primary school aged children.	Hospital FRC - Martha Potter 087 2813341
Limerick City					
Limerick City	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: <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 	Starting Springtime 2022. Time: TBC 6-8 weeks: 2.5 hours per week Online/onsite	Northside Family Resource Centre, Clonconnane Road, Ballynanty, V94 APX8.	Parents of children from six to 12 years, Parents of 6 – 12 years	Rosie Donelan 061-326623 rosiedonelan@northsidefrc.ie

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Parents of 13 – 18 years					
East Limerick					
Hospital – East Limerick Area	Strengthening Families Programme 14-week Family Skills Programme for parents and teenagers aged 12-16 years. - Communication - Managing Stress - Problem Solving - Limit Setting	Referrals – Ongoing. Starting February 2022 6p.m. to 8.30 p.m.	Hospital FRC, Knockainey Rd., Hospital, Co. Limerick.	Parents/ guardians and their teenagers aged between 12-15 years	Hospital FRC – Martha Potter 087 2813341
Limerick City					
Limerick City & County	Strengthening Families Programme: Group programme: - It aims to give parents and their children the opportunity to learn new, healthy communication skills that create positive relationships within families. These new skills also assist and reduce the risk of young people getting involved in adverse behaviours. - 3 strands of training: parent skills, teen skills, and Family Life Skills. - Dinner is provided; creche facilities can be provided for younger children <i>Open for Referrals now</i>	Starting Spring 2022 (start date tbc) 5.30-7.45pm 14 weeks Transport, dinner for participants and childcare on site are provided to support attendance.	Venue to be confirmed	Parents of teenagers aged 12 – 16 years with parent or responsible adult. Open to families and teenagers either with or without Substance Misuse issues.	Mike Walsh, SFP Mid-West Steering Committee, c/o Community Substance Misuse Team Tel. (061) 318904 086- 0656257 e-mail: mwalsh@csmt.ie Michelle Tynan, Southhill FRC, 086 785 7663

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Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
Limerick City	<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. 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 	<p>Tuesday, May 17th</p> <p>10:30—12:00</p> <p>Six week programme</p>	TBC	Parents/Carers of Teenagers	<p>Enda Keogh, Limerick Social Service Council. 061-314111 or enda.keogh@lssc.ie</p> <p>Or</p> <p>Mary McCall, Limerick Social Service Council. 061-314111 or mary.mccall@lssc.ie</p>
West Limerick					
West 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. The programme aims to support parents of adolescents to:</p> <ul style="list-style-type: none"> • Manage and resolve conflict 	<p>Tuesday, March 1st</p> <p>10:30-12:00</p> <p>Six week programme</p>	TBC	Parents/Carers of Teenagers	<p>Enda Keogh, Limerick Social Service Council. 061-314111 or enda.keogh@lssc.ie</p> <p>or</p> <p>Mary Danaher, Limerick Social Service Council. 061-314111 or mary.danaher@lssc.ie</p>

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	<ul style="list-style-type: none"> • 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 				

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Topic-based Parenting Programmes					
East Limerick					
Mid/West Region -	Parents Plus for Parents of Children with Special Needs This Programme Supports: - Parents to personally cope and manage stress, deal with the challenges of adolescence & manage challenging behaviour - Your child to learn social skills and build friendships, deal with puberty and sexuality & gain confidence and self-esteem.	TBC	Remote Learning on Zoom.	Parents/ guardians of Children with Intellectual disabilities aged between 10 and 18 years of age.	Hospital FRC – Martha Potter 087 2813341
Limerick City					
Limerick City	Circles of Security This course is designed to encourage parents to make sense of what children are really asking from us. The programme is based on secure parent-child relationships being supported and strong. The Circle of Security course helps parents and carers to: <ul style="list-style-type: none"> Understand their child's emotional world by learning to read emotional needs Support their child's ability to successfully manage emotions# Enhance the development of their child's self esteem Honour the innate wisdom and desire for their child to be secure 	<ul style="list-style-type: none"> Starting 8th March 2022 10 a.m - 12.30 p.m 8 weeks: 2.5 hours per week. Onsite/online depending on restrictions 	Northside Family Resource Centre, Clonconnane Road, Ballynanty, V94 APX8.	Parents of children from Birth to 6 years, Parents of 0 – 5 years, Parents of 6 – 12 years	Pat Fitzpatrick 061-326623 patfitzpatrick@northsidefrc.ie

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Limerick City	<p>Parents Plus Healthy Families</p> <p>This programme will bring families and parents together to get ideas on nutrition and healthy lifestyles and how to implement them and how to handle behaviour and how to set up good routines. Topics covered include:</p> <ul style="list-style-type: none"> Understanding how to improve families health and well-being Promoting healthy eating and mealtimes Incorporating active play and physical activities into the day Maintaining positive mental health and self-esteem Establishing good routines for sleep Setting up rules around technology use at home Building positive family relationships 	<p>Starting February 2022.</p> <p>Time: TBC</p> <p>8 weeks: 2.5 hours per week.</p> <p>Online/onsite</p>	<p>Northside Family Resource Centre, Clonconnane Road, Ballynanty, V94 APX8.</p>	<p>Parents of children from Birth to 12 years, Parents of 0 – 5 years, Parents of 6 – 12 years</p>	<p>Pat Fitzpatrick</p> <p>061-326623</p> <p>patfitzpatrick@northsidefrc.ie</p> <p>Rosie Donelan</p> <p>061-326623</p> <p>rosiedonelan@northsidefrc.ie</p>
Henry Street	<p>Healthy Food Made Easy</p> <p>Healthy Food Made Easy is a 6 week course; 2- 2 ½ hour sessions per week. It aims to Encourage healthy eating, improve knowledge of nutrition when preparing our meals at home, learn healthy meals on a budget.</p>	<p>Starting late April</p> <p>Time: TBC</p> <p>6 Weeks</p>	<p>Limerick Social Service Council, Henry Street, Limerick.</p>		<p>Niamh Treacy ABC Start Right 061 419388 abcferrals@paulpartnership.ie</p> <p>A waiting list is in operation for this programme. Please contact to register in advance of attendance</p>
Limerick City	<p>Parents Plus Healthy Families Programme is a six to eight week programme that supports parents in the following areas:</p> <ul style="list-style-type: none"> Understand how to improve your families' health and well-being 	<p>TBC</p>	<p>TBC</p>	<p>Parents of Children ages 1-12</p>	<p>Margaret Mastriani, Limerick Social Service Council, 061-314111 or margaret.mastriani@lssc.ie</p>

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	<ul style="list-style-type: none"> • Promote healthy eating and mealtimes • Incorporate active play and physical activities into your day • Maintain positive mental health and self-esteem • Establish good routines for sleep • Set up rules around technology use at home • Build positive family relationships 				<p>It may be possible to run a programme at the request of a school or community based organisation depending on demand.</p>

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Parenting Supports and Workshops					
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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.	Hospital FRC, Knockainey Rd., Hospital, Co. Limerick.	Parents/ guardians of children with special needs.	Hospital FRC – Mary McGrath 061 383884.
Hospital – East Limerick Area.	Family Yoga – Family Benefits of Programme: Teaches how to manage stress through breath work for parents and children, develops better body awareness and improves concentration, balancing and strengthening of parents and children’s bodies, family fun.	February 2 nd 2022 7 p.m. to 8 p.m.	Hospital FRC, Knockainey Rd., Hospital, Co. Limerick.	Parents/ guardians and their primary school aged children.	Hospital FRC - Martha Potter 087 2813341
Hospital – East Limerick Area	Occupational Therapy workshops: Movement & Play, Sensory play to support early child development, strategies to help children with additional needs	3 workshops TBC	Hospital FRC, Co. Limerick.	Parents with preschool children & under 5 yrs old, children with additional needs	Phil Lockhart 086 735 9650 Michelle 086 8888105 Hospital frc 061 383884
Hospital – East Limerick Area	Paediatric First Aid for parents & carers: Topics Covered: Cardiac Emergencies, bleeding and wounds, fractures, soft tissues injuries, burns etc.	TBC	Hospital FRC, Co. Limerick.	Parents, grandparents & minders	Michelle 086 8888105 Hospital frc 061 383884 Phil Lockhart 086 735 9650

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East Limerick Area	SHEP – Personal Development – Topics Covered: managing stress, being assertive, handling feelings, understanding what blocks in life, dealing with conflict, building self-confidence and setting goals.	Starting on Thursday 27 th January 2022. From 10.30 a.m. to 1 p.m.	Hospital FRC, Knockainey Rd., Hospital, Co. Limerick.	Parents and individuals	Hospital FRC – Martha Potter 087 2813341
Hospital – East Limerick Area	Counselling support for: depression, anxiety, stress, bereavement, abuse, relationship breakdown etc.	Referrals – Ongoing	Hospital FRC, Knockainey Rd., Hospital, Co. Limerick.	Families, couples, adults and teenagers.	Hospital FRC – Ann Marie or May @ 061 383884.
Hospital – East Limerick Area	Mindfulness Classes: Topics covered: Relieving Stress, improve sleep, breath work, how to support good mental health.	TBC	Hospital FRC	Parents and Individuals	Hospital FRC – Maria or Mary at 061 383884
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 Family Resource Centre, 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 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, please phone our free 24 hour helpline on 1800 200 504, or the support workers mobile on 085 1982501 (during regular office hours).

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Limerick City					
Limerick City	Fun Fridays Fun Fridays are based on creative sessions for children. Activities include story-telling, arts and crafts, creative and sensory activities. Some activities provided are seasonal e.g. Valentines/Easter art. This family-based programme allows parents to engage in a fun activity with children, no matter what the needs are. The group runs from 11-12 but if this is too long, only stay as long as you like. We offer a no pressure atmosphere and have some outdoor toys available in case children don't want to engage in the crafty activity. Run in conjunction with Limerick ETB, this programme requires pre-registration on the Fetch website.	Starting Friday 21 st January 2022. 11.00 a.m. – 12.00 p.m. Every Friday up until the summer holidays.	Northside Family Resource Centre, Clonconnane Road, Ballynanty, V94 APX8.	Parents of children from Birth to Preschool, Parents of 0 – 5 years, By appointment only with pre-registration on Fetch essential. https://www.fetchcourses.ie/course/finder?sfcw-courseId=333773	Rosie Donelan 061-326623 rosiedonelan@northsidefrfc.ie
Garryowen	Weaning your baby on to solids 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.	Starting Early Feb 10.00-11.30am	Garryowen CDP, 23 John Street, Limerick	Parents of Babies 0-6 Months	Niamh Treacy ABC Start Right 061 419388 abcreferrals@paulpartnership.ie A waiting list is in operation for this programme. Please contact to register in advance of attendance
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.	Thursday, February 3 rd 11:00-1:00	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
Limerick Northside	Time for me-Confidence Building Course: <ul style="list-style-type: none"> • Manage stress and anxiety positively • Improve personal well-being • Reduce fear • The power of positive thinking 	Started Wednesday 2 nd March 10-12pm 8 Week Programme	Community Building 32 Ballygrennan Close Moyross	Parents and Individuals	Jillian Gillick 087 267 1634 Jillian.gillick@respond.ie
Barrack View	Weaning your baby on to solids 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.	Starting Early March 10-11.30am	Barrack View Health Centre, Sarsfield Court, Lord Edward St, Limerick	Parents of Babies 0-6 Months	Niamh Treacy ABC Start Right 061 419388 abcferrals@paulpartnership.ie <i>A waiting list is in operation for this programme. Please contact to register in advance of attendance</i>
Moyross	Weaning your baby on to solids 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.	Starting Early April 10-11.30am	Moyross Community Hub	Parents of Babies 0-6 Months	Niamh Treacy ABC Start Right 061 419388 abcferrals@paulpartnership.ie <i>A waiting list is in operation for this programme. Please contact to register in advance of attendance</i>
Southill	Weaning your baby on to solids 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.	Starting Early May 10-11.30am	Southill Health Centre, 588 Castle Oaks View, Donough O'Malley Park, Limerick	Parents of Babies 0-6 Months	Niamh Treacy ABC Start Right 061 419388 abcferrals@paulpartnership.ie <i>A waiting list is in operation for this programme. Please contact</i>

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					to register in advance of attendance
Henry Street	Weaning your baby on to solids 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.	Starting Early June Time: TBC	Limerick Social Service Council, Henry Street, Limerick.	Parents of Babies 0-6 Months	Niamh Treacy ABC Start Right 061 419388 abcreferrals@paulpartnership.ie A waiting list is in operation for this programme. Please contact to register in advance of attendance
Ballynanty	Weaning your baby on to solids 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.	Starting Mid June Time TBC	Ballynanty Health Centre, Kileely Road, Kileely, Limerick	Parents of Babies 0-6 Months	Niamh Treacy ABC Start Right 061 419388 abcreferrals@paulpartnership.ie A waiting list is in operation for this programme. Please contact to register in advance of attendance
West Limerick					
West Limerick	Support for parents and care givers - Advice and Guidance - Parenting Programmes & workshops - Parent and Toddler Groups & activities for Children - Promoting positive mental health and wellbeing - Free Counselling Service - Signposting and referral to other services	Monday to Friday 9 am – 3pm	Community Hubs in Newcastle West, Rathkeale, Askeaton, Abbeyfeale Support available in person, by phone, email, Skype and Zoom	Parents and children 0 – 12 years	Stefanie Jaeger Liston 087 3982925 SJaeger@wlr.ie Mary O'Connor 087 9382883 moconnor@wlr.ie

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Askeaton	Parent Workshop Behaviours that challenge us!	TBC	Community Centre Askeaton	Parents of children 0 – 12 years	Stefanie Jaeger Liston 087 3982925 SJaeger@wlr.ie
West Limerick	Parent Workshop Dr. Mary O’Kane, Lecturer in Psychology and Early Childhood Education and a regular contributor to Ireland AM Topic: Building Self-esteem and resilience in children	21 st April 2022 7pm	TBC	Parents of children 0 – 12 years	Stefanie Jaeger Liston 087 3982925 SJaeger@wlr.ie
Newcastle West	Parent First Aid Workshop	TBC	Newcastle West Community Centre	Parents of children 0 – 12 years	Stefanie Jaeger Liston 087 3982925 SJaeger@wlr.ie
West Limerick	Family Support * Walk in Clinics - Welcoming and confidential space for parents, grandparents & childminders with or without their children - Call in for support and advice or just a chat and a cup of tea - All welcome 1:1 meetings also available by appointment	Newcastle West Every 2 nd Tuesday from 9.15-11am Askeaton 1 st and 3 rd Wednesday every month from 9.15-11am Rathkeale TBC	Newcastle West Community Centre Askeaton Community Centre Rathkeale Venue TBC	Parents and children 0 – 12 years	Stefanie Jaeger Liston 087 3982925 SJaeger@wlr.ie
Abbeyfeale	Walk & Talk Support for parents, toddlers, grandparents & childminders Meet at Astro Turf and walk to Fairy Garden Free outdoor play activities included	Tuesdays starting 1 st February 11am – 12pm	Abbeyfeale Town Park	Parents, toddlers, grandparents & childminders	Mary O’Connor 087 9382883 moconnor@wlr.ie

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Online					
Online	Online Safety For Parents – Webinar	Wednesday 26 th January, 7.30pm	Online	Parents/guardians of children and adolescents aged 0-18	Book at www.barnardos.ie/parentsOSP
Online	Understanding School Based anxiety	Thursday 27 th January, 10.00am – 11.30am	Virtual Platform – Delivered by Primary Care and Family Psychology Service	Parents/guardians of children and adolescents aged 0-18 living in limerick city and county	Primary Care Child and Family Psychology Service, 061-461791. Please leave a message and your call will be returned.
Online	Online Safety For Parents – Webinar	Tuesday 8 th February @7.30pm	Online	Parents/guardians of children and adolescents aged 0-18	Book at www.barnardos.ie/parentsOSP
Online	You, Your Teen and big Emotions	Thursday 17 th February 10.00am – 11.30am	Virtual Platform – Delivered by Primary Care and Family Psychology Service	Parents/guardians of children and adolescents aged 0-18 living in limerick city and county	Primary Care Child and Family Psychology Service, 061-461791. Please leave a message and your call will be returned.
Online	Online Safety For Parents – Webinar	Thursday 17 th February, 8.00pm	Online	Parents/guardians of children and adolescents aged 0-18	Book at www.barnardos.ie/parentsOSP
Online	Online Safety For Parents – Webinar	Wednesday 16 th March, 7.00pm	Online	Parents/guardians of children and adolescents aged 0-18	Book at www.barnardos.ie/parentsOSP
Online	Managing your Small Child’s Big Emotions	Thursday 24 th March, 10.00am – 11.30am	Virtual Platform – Delivered by Primary Care and Family Psychology Service	Parents/guardians of children and adolescents aged 0-18 living in limerick city and county	Primary Care Child and Family Psychology Service, 061-461791. Please leave a message and your call will be returned.

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Online	Raising Resilient Teens	Thursday 7 th April, 10.00am – 11.30am	Virtual Platform – Delivered by Primary Care and Family Psychology Service	Parents/guardians of children and adolescents aged 0-18 living in limerick city and county	Primary Care Child and Family Psychology Service, 061-461791. Please leave a message and your call will be returned.
Online	Your Child's/Adolescent's Anxiety	Thursday 19 th May, 10.00am – 11.30am	Virtual Platform – Delivered by Primary Care and Family Psychology Service	Parents/guardians of children and adolescents aged 0-18 living in limerick city and county	Primary Care Child and Family Psychology Service, 061-461791. Please leave a message and your call will be returned.
Online	Transition to Secondary School: Helping your Child to Prepare	Thursday 2 nd June, 10.00am – 11.30am	Virtual Platform – Delivered by Primary Care and Family Psychology Service	Parents/guardians of children and adolescents aged 0-18 living in limerick city and county	Primary Care Child and Family Psychology Service, 061-461791. Please leave a message and your call will be returned.
Online	Starting Primary School: Helping your Child to Prepare	Thursday 9 th June, 10.00am – 11.30am	Virtual Platform – Delivered by Primary Care and Family Psychology Service	Parents/guardians of children and adolescents aged 0-18 living in limerick city and county	Primary Care Child and Family Psychology Service, 061-461791. Please leave a message and your call will be returned.
Online	Transitioning to pre-school/school Parent Webinar	TBC	Online	Parents of children 0 – 12 years	Stefanie Jaeger Liston 087 3982925 SJaeger@wlr.ie

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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

