



Limerick Parenting Calendar: January – June 2023

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

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 Programmes					
Mid-West (Limerick, Clare and North Tipperary)	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.	(For start dates contact Anne Hegarty UMHL) 6 x 2 hour sessions over 6 weeks	Limerick City Venue TBC	Mums- to -be: Expectant mothers at 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
Northside , Southside and City Centre	Bump to Baby Parent Workshop Informed by Peep Antenatal Programme, This one off workshop supports parents antenatally to reflect on their developing Baby, and explores the concepts of bonding, and transition to parenthood. The workshop also provides Parents with information on how they can look after themselves as well as on local supports and services	Dates to be confirmed	Venues across Limerick city to be confirmed	Mam's and Dad's expecting a baby	Niamh Treacy ABC Start Right 087 6184983 or 061-419388 Niamh.treacy@hse.ie Or abcreferrals@paulpartnership.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					
Northside Limerick	Baby Massage Infant Massage is an instructor-led 5-week programme where parents learn to massage their own babies. This parent communication tool promotes elements of bonding, secure attachment and provides a one-to-one quality and relaxing time which benefits child development and can help to relieve gastrointestinal problems as well as other childhood discomforts. It can improve sleeping patterns, muscle tone, flexibility and self-regulation for babies as well as reduce parental stress hormones and increase more beneficial hormones e.g. dopamine.	Monday mornings 10:30am-12pm 5 week programme Began in January *course full Cost €3 per session	Northside FRC Clonconnane Road, Ballynanty, Limerick V94 APX8	Parents and their babies age 0-6 months; pre-crawlers	Rosie Donelan 061-326623 rosiedonelan@northsidefrc.ie
Southside	Incredible Years Parent Programme (3-8) is a 14 week programme for parents of children aged 3 & over that 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	Tuesday 7 th February 9 – 11.30am 14 weeks	Our Lady Queen of Peace Primary School	Parents of children aged 3-6 years on Southside of Limerick City	Patrick Jones 086-1607804 pjones@olqp.ie or Jane Aylmer

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Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
	learn to strengthen parent-child interactions and reduce harsh discipline. The programme also looks at self care and establishing peer support networks.				086-7857667 jane@southillfrc.com
Southill	Incredible Years Parent & Baby Programme This programme is comprised of eight sessions that focus on the child's first year of life. The 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.	Monday 13 th February 10am – 12.30 8 weeks	Southill Family Resource Centre	Parents/Carers of children from birth to 12 months and their babies	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
Northside Limerick	Circles of Security This course is designed to encourage parents to make sense of what children are really asking from them. The programme is based on secure parent-child relationships being supported and strong.	Wednesday mornings 10am-12:30pm 9-week programme Starting February 2023	Northside FRC Clonconnane Road, Ballynanty, Limerick V94 APX8	Parents of children aged 4mths to 8yrs old; parents attend without their children so childcare is needed	Pat Fitzpatrick 061-326623 patfitzpatrick@northsidefrc.ie

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	<p>The course helps parents and carers to:</p> <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 				
Limerick city	<p>Parents Plus Early Years Programme is 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>TBC</p> <p>10:30-12:30</p> <p>6 weeks</p>	<p>Southside Child and Family Centre, Galvone or Henry Street, Limerick</p>	<p>Parents of children, ages 1-6</p>	<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>
Northside Limerick	<p>Parents Plus Healthy Families</p> <p>This programme brings parents together to get ideas on nutrition and healthy lifestyles and how to implement them. It also looks</p>	<p>Monday mornings 9:30am-12pm</p> <p>8-week programme</p> <p>Starting March 2023</p>	<p>Northside FRC Clonconnane Road, Ballynanty, Limerick V94 APX8</p>	<p>Parents of children aged 1 to 12yrs; parents attend without their children so childcare is needed</p>	<p>Rosie Donelan</p> <p>061-326623</p> <p>rosiedonelan@northsidefrc.ie</p>

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	<p>at how to handle behaviour and how to set up good routines.</p> <p>Topics covered include:</p> <ul style="list-style-type: none"> • Understanding how to improve family's 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>or</p> <p>Pat Fitzpatrick</p> <p>061-326623</p> <p>patfitzpatrick@northsidefrc.ie</p>
Northside Limerick	<p>Parents Plus Early Years additional needs</p> <p>A programme for parents of children aged 1-6. The programme provides support in the following areas:</p> <ul style="list-style-type: none"> • Helping children to develop good attachments and relationships • Managing tantrums and misbehaviour • Building children's language and development • Reducing own stress as a parent • Helping children to concentrate and learn • Increasing children's self-esteem 	<p>Morning course</p> <p>6-week programme</p> <p>End of April start dates TBC</p>	<p>Northside FRC</p> <p>Clonconnane Road,</p> <p>Ballynanty,</p> <p>Limerick</p> <p>V94 APX8</p>	<p>Parents of children aged 0-6 years old; Children with additional needs.</p>	<p>Pat Fitzpatrick</p> <p>061-326623</p> <p>patfitzpatrick@northsidefrc.ie</p>

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	<ul style="list-style-type: none"> Establishing positive daily routines <p>There will be a special emphasis during this course on children with additional needs and the challenges that present.</p>				
Northside Limerick	<p>Baby Massage</p> <p>Infant Massage is an instructor-led 5-week programme where parents learn to massage their own babies. This parent communication tool promotes elements of bonding, secure attachment and provides a one-to-one quality and relaxing time which benefits child development and can help to relieve gastrointestinal problems as well as other childhood discomforts. It can improve sleeping patterns, muscle tone, flexibility and self-regulation for babies as well as reduce parental stress hormones and increase more beneficial hormones e.g. dopamine.</p>	<p>Monday mornings 10:30am-12pm</p> <p>5-week programme Starting June 12th to July 10th 2023</p> <p>Cost €3 per session</p>	<p>Northside FRC Clonconnane Road, Ballynanty, Limerick V94 APX8</p>	<p>Parents and their babies age 0-6 months; pre-crawlers</p>	<p>Rosie Donelan</p> <p>061-326623</p> <p>rosiedonelan@northsidefrc.ie</p>
Northside, Southside and City Centre	<p>Community Wraparound Programmes and Workshops</p> <p>ABC Start Right (PAUL Partnership) and Community Mothers (Limerick Social Service Council) jointly deliver a suite of Community Wraparound Workshops in various venues across the City Centre as well as in the North side and South side of the City to enhance child development and well being.</p>	<p>Dates to be confirmed</p>	<p>Venues across Limerick city to be confirmed</p>	<p>Parents of children aged 0 – 6 years</p>	<p>Niamh Treacy ABC Start Right</p> <p>087 6184983 or 061-419388</p> <p>Niamh.treacy@hse.ie</p> <p>Or</p> <p>abcreferrals@paulpartnership.ie</p>

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	<p>These workshops and programmes are evidence based / approach informed and include the following:</p> <ul style="list-style-type: none"> • Baby Massage ; • Starting your Baby onto Solids; • First Aid; • Incredible Years ; • Healthy Food Made Easy <p>See contact details for more information with regard to ABC/LSSC schedule.</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.	TBC	Youth Reach Hospital, Main St., Hospital, Co. Limerick.	Parents of children in primary school.	Hospital FRC - Martha Potter 087 2813341
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.	TBC	Hospital FRC, Knockainey Rd., Hospital, Co. Limerick.	Parents and their children of primary school age.	Hospital FRC - Martha Potter 087 2813341
Limerick City					
Northside Limerick	Circles of Security This course is designed to encourage parents to make sense of what children are really asking from them. The programme is based on secure parent-child relationships being supported and strong. The 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 	Wednesday mornings 10am-12:30pm 9-week programme Starting February 2023	<i>Northside FRC Clonconnane Road, Ballynanty, Limerick V94 APX8</i>	Parents of children aged 4mths to 8yrs old; parents attend without their children so childcare is needed	Pat Fitzpatrick 061-326623 patfitzpatrick@northsidefrc.ie

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	<ul style="list-style-type: none"> Enhance the development of their child's self esteem Honour the innate wisdom and desire for their child to be secure 				
Northside Limerick	<p>Parents Plus Healthy Families</p> <p>This programme brings parents together to get ideas on nutrition and healthy lifestyles and how to implement them. It also looks at how to handle behaviour and how to set up good routines.</p> <p>Topics covered include:</p> <ul style="list-style-type: none"> Understanding how to improve family's 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 <p>Building positive family relationships</p>	Monday mornings 9:30am-12pm 8-week programme Starting March 2023	<i>Northside FRC Clonconnane Road, Ballynanty, Limerick V94 APX8</i>	Parents of children aged 1 to 12yrs; parents attend without their children so childcare is needed	<p>Rosie Donelan</p> <p>061-326623</p> <p>rosiedonelan@northsidefrc.ie</p> <p>or</p> <p>Pat Fitzpatrick</p> <p>061-326623</p> <p>patfitzpatrick@northsidefrc.ie</p>

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Parents of 13 – 18 years					
East Limerick					
Hospital – East Limerick Area	Strengthening Families Programme – 14-week Family Skills Programme for teenagers aged 12-16 years. - Communication - Managing Stress- Problem Solving - Limit Setting	Referrals – Ongoing. Starting January 2023 - 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 12-16 years	Hospital FRC – Martha Potter 087 2813341

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Topic-based Parenting Programmes					
Limerick City					
Southside	Incredible Years School Readiness Programme is a 6 week programme for parents of children starting primary school. The programme focuses on child directed play and interactive reading and parents learn about techniques for supporting their children with their transition to primary school.	Wednesday 19 th April 9-11.30am 6 weeks	Our Lady of Lourdes Primary School	Parents of children going into primary school	Tracy Fitzgerald 085-7290048 Ollhscl0@gmail.com
Limerick 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	TBC	Limerick Social Service Centre, Upper Henry Street, Limerick, V94 2W14 if possible	Young parents aged 14- 25 years of age	Joanne Ryan, Teen Parent Support Programme Limerick Social Service Council, 061-314111 joanne.ryan@lssc.ie
Online					
Limerick city and county	Parenting When Separated 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	Two concurrent programmes: Starting Tuesday February 16 <ul style="list-style-type: none"> • Morning -10-12.30pm • Evening 6.30pm-9.00pm 6 weeks	Online	Parents who are preparing for, going through or have gone through separation or divorce	Pat Fitzpatrick 061-326623 pws@northsidefric.ie

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	<p>and thrive as well as coping successfully themselves.</p> <p>Topics include:</p> <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 • 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 and county	<p>Parenting When Separated A practical and positive evidence-based course for parents who are preparing for, going through or have gone through a separation or divorce.</p> <p>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.</p> <p>Topics include:</p>	<p>Two concurrent programmes:</p> <p>Starting end of April; date TBC</p> <p>6 weeks</p>	Online	Parents who are preparing for, going through or have gone through separation or divorce	<p>Pat Fitzpatrick</p> <p>061-326623</p> <p>pws@northsidefrc.ie</p>

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	<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 • 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 				

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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 of children with special needs.	Hospital FRC – Mary McGrath 061 383884.
East Limerick Area	SHEP – Caring for our Well-Being: Topics Covered - What is well-being, How do I know when I am well, what helps me stay well, what happens me when I am feeling stressed.	TBC	Hospital Family Resource Centre, Knockainey Rd., Hospital, Co. Limerick.	Parents and individuals	Hospital FRC – Martha Potter 087 2813341
Hospital – East Limerick Area	Counselling support for: Anxiety, stress, bereavement, abuse, relationship breakdown etc.	Referrals – Ongoing	Hospital FRC, Knockainey Rd., Hospital, Co. Limerick.	Families, couples, adults and teenagers.	Hospital FRC – AnneMarie or Mary @ 061 383884.
Hospital - East Limerick Area	Food Supports – Monthly Food Bank – Prepacked parcels of non perishable food products for collection.	Second Thursday of every month 10am to 1pm	Hospital Family Resource Centre, Knockainey Rd., Hospital Co. Limerick.	Families and individuals	Mary or AnneMarie 061383884

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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).
Croom	Community Education & Training Programme Art for Beginners	17 th January Tuesdays 1.30pm - 3.30pm	Maigue River Room Croom Mill Croom Co Limerick	Parents and all adult residents of Croom and surrounds	Joe 0852568576 joe@croomfrc.com
Croom	Chair Yoga	11 th January Wednesdays 10.00 am - 11.00am	Water Wheel Room, First Floor Croom Mill Croom Co Limerick	Parents and all adult residents of Croom and surrounds	Joe 0852568576 joe@croomfrc.com
Limerick City					
Limerick City	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.	<ul style="list-style-type: none"> Thursday mornings Time TBC	LSSC, Upper Henry Street, Limerick. V94 2W14	Mothers	Margaret Mastriani, Limerick Social Service Council. 061-314111 or margaret.mastriani@lssc.ie

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Limerick City Centre	Community Mothers Buggy Walking Group	Thursday, February 16 th at 10:00 Six week group	Limerick Social Service Centre, Upper Henry Street, Limerick, V94 2W14 if possible	Parents of young children	Evelyn Meenaghan, Limerick Social Service Council, 061-314111; evelyn.meenaghan@lssc.ie
Limerick Southside	Community Mothers Buggy Walking Group	Thursday, February 16 th at 10:00 Six week group	Southside Child and Family Centre, Galvone	Parents of young children	Eithne Egan, Limerick Social Service Council; 061-314111; eithne.egan@lssc.ie
Northside Limerick	Parents Walking Group <ul style="list-style-type: none"> We are excited to announce that Riverside is launching a new walking group for Parents in Limerick. You are welcome to come along for some weekly exercise as we walk the 3 Bridges in town. We will finish with a cup of coffee together if time allows, and look forward to meeting you! 	Wednesday mornings 10:30am-12pm 6-week programme From 1 st February	<i>Riverside Clonconnane Road, Ballynanty, Limerick V94 APX8</i>	Parents; Children in buggies	Rosie Donelan 061-326623 rosiedonelan@northsidefrc.ie
Northside Limerick	Lifelong Learning Festival: Family Drum Workshop We are so excited to hold a very special event for families in Northside with Dave Morrissey from Groovy Hands Drum Workshops showcasing a large selection of colourful African hand drums and percussion instruments for families to get involved! It promises to be a fun-filled event so please book in early to avoid disappointment.	Tuesday morning 11am-12pm 28 th March 2023 Free workshop as part of Limerick's Lifelong Learning Festival	<i>Northside FRC Clonconnane Road, Ballynanty, Limerick V94 APX8</i>	Parents and their children up to preschool age	Rosie Donelan 061-326623 rosiedonelan@northsidefrc.ie

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West Limerick					
West Limerick	Support for parents and care givers <ul style="list-style-type: none"> - 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, and various online platforms.	Parents and children 0 – 12 years	West Limerick Resources, St. Mary's Street, Newcastle West, Co. Limerick Stefanie Jaeger Liston 087 3982925 SJaeger@wlr.ie Mary O'Connor 087 9382883 moconnor@wlr.ie
West Limerick	Support for parents and care givers <ul style="list-style-type: none"> - 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, and various online platforms.	Parents and children 0 – 12 years	West Limerick Resources, St. Mary's Street, Newcastle West, Co. Limerick Stefanie Jaeger Liston 087 3982925 SJaeger@wlr.ie Mary O'Connor 087 9382883 moconnor@wlr.ie
West Limerick	Parent Workshop: Managing anxiety	Feb/March (TBC)	Abbeyfeale	Parents of children 0 – 12 years	Mary O'Connor 087 9382883 moconnor@wlr.ie
West Limerick	Parent Workshop: Supporting Children's Emotional Wellbeing	May	TBC	Parents of children 0 – 12 years	Stefanie Jaeger Liston 087 3982925 SJaeger@wlr.ie

All listings are subject to change. 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

Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
Online					
Online	Managing your small Child's big Emotions	Thursday 26 th January 10am – 11:30am	Online, Via WebEx Web Platform	Parents/guardians of children and adolescents aged 0-18 living in limerick city and county	Angelika Trebicka Primary Care Child and Family Psychology Service 061-461791.
Online	Dealing with bullying and cyberbullying	Thursday 23 rd February 10am – 11:30am	Online, Via WebEx Web Platform	Parents/guardians of children and adolescents aged 0-18 living in limerick city and county	Angelika Trebicka Primary Care Child and Family Psychology Service 061-461791.
Online	Body Image & Adolescents: How to support teens	Thursday 16 th March 10am – 11:30am	Online, Via WebEx Web Platform	Parents/guardians of children and adolescents aged 0-18 living in limerick city and county	Angelika Trebicka Primary Care Child and Family Psychology Service 061-461791.
Online	Managing Your child's/ adolescent's Anxiety	Tuesday 25 th April 10am – 11:30am	Online, Via WebEx Web Platform	Parents/guardians of children and adolescents aged 0-18 living in limerick city and county	Angelika Trebicka Primary Care Child and Family Psychology Service 061-461791.
Online	Raising Resilient Teens	Wednesday 31 st May 10am – 11:30am	Online, Via WebEx Web Platform	Online	Angelika Trebicka Primary Care Child and Family Psychology Service 061-461791.
Online	Starting Primary School	Tuesday 13 th June 10am – 11:30am	Online, Via WebEx Web Platform	Parents/guardians of children and adolescents aged 0-18 living in limerick city and county	Angelika Trebicka Primary Care Child and Family Psychology Service 061-461791.

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Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
Online	Transition to Secondary School	Thursday 22 nd June 10am – 11:30am	Online, Via WebEx Web Platform	Parents/guardians of children and adolescents aged 0-18 living in limerick city and county	Angelika Trebicka Primary Care Child and Family Psychology Service 061-461791.

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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

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