



Limerick Parenting Calendar: September – December 2020



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

It is divided into the following categories:

Parent Baby and Toddler Groups.....	2
Breastfeeding Supports.....	2
Antenatal Parenting Support	3
Parents of 0 – 5 Years.....	4
Parents of 6 – 12 years.....	6
Parents of 13 – 18 years.....	8
Topic-based Parenting Programmes.....	10
Parenting Supports and Workshops	12

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.

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. 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.

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.	To be confirmed	University Maternity Hospital, Limerick Ennis Road, Limerick, V94 C566	Young parents aged 14-25 years of age	Karen Prendergast, Teen Parent Support Programme Limerick Social Service Council, 061-314111 or karen.prendergast@lssc.ie

Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
Parents of 0 – 5 Years					
East Limerick					
Limerick City					
Galvone & Online	<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>	<ul style="list-style-type: none"> • Wednesday, September 16 • 10:00-11:30 • 5 weeks 	Initial Sessions via ZOOM in line with current government guidelines; venue to shift to LSSC Child and Family Centre, Southside Education Campus, Galvone if possible.	Parents of babies from birth to eight months	<p>Ger Hyland, Community Mother, Limerick Social Service Council. 061-314111 or gerardine.hyland@lssc.ie</p> <p>or</p> <p>Evelyn Meenaghan 061-314111 or evelyn.meenaghan@lssc.ie</p> <p>or</p> <p>abcreferrals@paulpartnership.ie Jeanne Ryan 061 419388</p>
Ballynanty	<p>Incredible Years Parent and Baby Programme This is an 8-week programme for parents & their babies 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;</p>	<ul style="list-style-type: none"> • Starting morning of Wednesday 21st October (this is approx. date) • Time: to be confirmed 	Northside Family Resource Centre, Clonconnane Road, Ballynanty, Limerick	Parents of children aged 0 – 8 months (Baby also attends)	<p>Pat or Mary 061-326623</p> <p>patfitzatrick@northsidefrc.ie</p> <p>marymulcahy@northsidefrc.ie</p>

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.

Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
	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 and build peer support networks. Parents learn about different ways to make their babies feel loved, safe and secure and how to encourage their baby's physical and language development.				
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.	<ul style="list-style-type: none"> • Wednesday, November 4th • 10:00-11:00 • 5 weeks 	Watch House Cross Library	Parents of babies from birth to eight months	Maeve O'Doherty, Community Mother, Limerick Social Service Council, 061-314111 maeve.odoherty@lssc.ie <i>or</i> abcreferrals@paulpartnership.ie Jeanne Ryan 061 419388 085 4152415
West Limerick					
West Limerick	Online Baby Massage: Group Programme Baby massage helps to: <ul style="list-style-type: none"> - Strengthen the bond between parents & baby - Create a healthy attachment - Release tensions from their constant growing bodies - Soothing discomfort and settle the baby - Reduce wind and symptoms of colic 	<ul style="list-style-type: none"> • September/October • Dates to be confirmed 	Online facilitation via Zoom	Babies 0-1 years	Stefanie Jaeger Liston, Family Support & Community Development Worker 087 3982925 SJaeger@wlr.ie

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.

Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
Parents of 6 – 12 years					
East Limerick					
Croom & Ballingarry	<p>Parents Plus Children’s Programme An evidence-based parenting course promoting confidence, learning and positive behaviour in children aged 6 to 11 years. Parents Learn About:</p> <ul style="list-style-type: none"> • Solving childhood problems • Play and special time with children • Building children’s self-esteem and confidence • Encouraging children’s learning/supporting homework • Setting rules and helping children keep them • Establishing daily routines • Managing misbehaviour using consequences and sanctions • Problem solving/talking problems through with children 	Re - Commencing the 15 th of September 2020	Online via Zoom	Parents of children 6-11 years old.	<p>Laura Bennett, Family Support & Community Development Officer, Croom FRC</p> <p>Familysupport@croomfrc.com or 061-602878 / 083 864 6093</p>
Limerick City					

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.

Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
West Limerick					
West Limerick	CBT skills for parents: Group Programme - CBT skills to assist with the return to school during the COVID-19 pandemic - Self Care for parents - Building resilience in children - Relaxation Techniques for adults and children - CBT skills for children	<ul style="list-style-type: none"> • September/October • Dates to be confirmed 	Webinar	Parents of children, Primary School, 4-12	Stefanie Jaeger Liston, Family Support & Community Development Worker 087 3982925 SJaeger@wlr.ie

Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
Parents of 13 – 18 years					
East Limerick					
Croom & Ballingarry	<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 	Commencing October 6 th 2020	Online via Zoom	Parents of Children at 12 -18 years.	<p>Laura Bennett, Family Support & Community Development Officer, Croom FRC</p> <p>Familysupport@croomfrc.com or 061-602878 / 083 864 6093</p>
Limerick City					
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.</p>	TBC	Online via Zoom	Parents of Teenagers	<p>Enda Keogh, Relationships and Sexual Health Project Worker, Limerick Social Service Centre. 061-314111 or enda.keogh@lssc.ie</p> <p>or</p>

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.

Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
	<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 				<p>Suzanne Leen, Community Social Worker, Limerick Social Service Council, 061-314111 or suzanne.leen@lssc.ie</p>
West Limerick					
West Limerick	<p>Parents Plus Adolescent Programme 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 	<ul style="list-style-type: none"> • Tuesdays in October; start date TBC • 10:30-11:45 • Six week programme 	Zoom group but targeting parents in West Limerick	Parents of Teenagers	<p>Enda Keogh, Relationships and Sexual Health Project Worker, Limerick Social Service Centre. 061-314111 or enda.keogh@lssc.ie</p> <p><i>or</i></p> <p>Mary Danaher, Limerick Social Service Centre. 061-314111 or mary.danaher@lssc.ie</p>

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.

Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
Topic-based Parenting Programmes					
East Limerick					
Ballingarry	Computers for Parents This course is design to target parents who may have struggled during the Pandemic with uploading homework, setting up Zoom meetings, emails etc.	8 week course and will be run every Thursday morning. Start Dates have not been confirmed. Spaces are limited due to Covid 19 restrictions	Ballingarry	All families	Laura Bennett, Family Support & Community Development Officer, Croom FRC Familysupport@croomfrc.com or 061-602878 / 083 864 6093
East Limerick Area	SHEP – Family Communication and Self-Esteem - Topics covered: communication and listening, the good enough parent, love and limits, drug and peer pressure and resolving conflict and the needs of the parent.	TBC	Remote Learning on Zoom	Parents	Hospital FRC – Martha Potter 087 2813341 Croom FRC – Laura Bennett 083 8646093 Ballyhoura Development CLG – Clare Jordan 087 4169450
East Limerick Area	SHEP – Caring for your Well-being and Managing Stress – 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.	TBC	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
Limerick City					
Galvone	Parents Plus Parenting When Separated Programme A practical and positive evidence-based course for parents who are preparing for,	Tuesday 3 rd November Start Time: tbc	LSSC Child and Family Centre, Southside Education Campus, Galvone	Parents who are preparing for, going through or have gone through separation or divorce	Barnardos South, 061-319290

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.

Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
	<p>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> <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 Centre	<p>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</p>	Group Beginning in October 2020	Limerick Social Service Centre, Upper Henry Street, Limerick, V94 2W14	Young parents aged 14-25 years of age	Karen Prendergast, Teen Parent Support Programme Limerick Social Service Council, 061-314111 karen.prendergast@lssc.ie
West Limerick					

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.

Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
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	Cookery class Parents and their children of primary School age. Covering topics on Cooking Skills, Healthy shopping & Budgeting and food/meal & planning skills.	Starting Monday 21 st September for 6 weeks from 6 p.m. to 9 p.m.	Youth Reach Hospital, Main St., Hospital, Co. Limerick.	Parents of children in primary school.	Hospital FRC - Martha Potter 087 2813341
Hospital	Cookery class Parents and their children of primary School age. Covering topics on Cooking Skills, Healthy shopping & Budgeting and food/meal & planning skills.	Starting Tuesday 22 nd September for 6 weeks from 6 p.m. to 9 p.m.	Youth Reach Hospital, Main St., Hospital, Co. Limerick.	Parents of children in primary school.	Hospital FRC - Martha Potter 087 2813341
Hospital	SKiPS – Special Kids Parents Support Group is a peer support group for parents, carers and family members that have a child with special needs.	3 rd Monday of the Month at 7.30 p.m.	Hospital FRC, Knockainey Rd., Hospital, Co. Limerick.	Parents of children with special needs.	Hospital FRC – Mary McGrath 061 383884.
Hospital	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.	Starting Thursday 24 th September for 6 weeks from 7p.m. to 9 p.m.	Hospital FRC, Knockainey Rd., Hospital, Co. Limerick.	Parents and Individuals	Hospital FRC – Martha Potter 087 2813341
East Limerick Area	East Limerick Family Support Network (ELFS) are hosting on-line support talks on anxiety, mental health etc. September – December 2020	Date, times to be confirmed	Online Delivery	Families, individuals, Parents & Guardians of children from 0 to 18.	Hospital FRC – Martha Potter 087 2813341 Ballyhoura Dev - Jacki Hehir 087 7689404 Croom FRC - Laura Bennett 083 8646093

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.

Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
Hospital	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	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).
Hospital	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 – Bridget or May @ 061 383884.
Croom	Counselling Our counselling service is operated by a supervised team overseen by fully qualified counsellor offering a low cost confidential service to young people, adults, couples and families.	By appointment Only Face to Face	Croom FRC, Log Cabin, High Street, Croom, Co. Limerick	Families, couples, adults and teenagers.	To register Contact. Croom FRC Laura Bennett (061) 602878 or (083) 864 6093
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.	<ul style="list-style-type: none"> Group beginning on October 1st 11:00 8 weeks 	TBC	International Mothers	Enda Keogh, Relationships and Sexual Health Project Worker, Limerick Social Service Centre. 061-314111 or enda.keogh@lssc.ie
West Limerick					
West Limerick	One to one Family Support For all concerns of parenting, for referrals to other services and general support. Student counsellor available.	Monday to Friday 9 am – 5pm	Support by phone, email, Skype and Zoom	Parents and children 0 – 12 years	Stefanie Jaeger Liston SJaeger@wlr.ie , 087 3982925 Mary O’Connor moconnor@wlr.ie , 087 9382883

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.

Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
Online					
Limerick City and County	Sleep Workshop (from Infancy to adolescence) Parent Workshop	08 th October 2020 10am -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
Limerick City and County	Parent Support Clinic - Sleep Parents/guardians can meet with a Clinical Psychologist to discuss the challenges that they are experiencing in relation to their child/adolescents sleep difficulties. Booking is essential Criteria for Parent Support Clinic Appointment: Parents/guardians must have attended the Sleep Workshop on Thursday 08th October 2020	October 2020 6 x 45 minute PSC slots available to discuss specific issues pertaining to your child/adolescents sleep	Virtual Platform - Delivered by Primary Care Child and Family Psychology Service	Parents/guardians of children/adolescents 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
Limerick City and County	Workshop Promoting Well-being and Self-care for Parents Parent Workshop	05 th November 2020 10am – 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
Limerick City and County	Parent Support Clinic - Promoting Well-Being and Self-Care for Parents/Guardians Parents/guardians can meet with a Clinical Psychologist to discuss the challenges that	November 2020 6 x 45 minute PSC slots available to	Virtual Platform - Delivered by Primary Care Child	Parents/guardians of children/adolescents aged 0-18 living in Limerick city and county.	Primary Care Child and Family Psychology Service 061-461788 061-461789

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.

Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
	<p>they are experiencing in relation to their own well-being and self-care.</p> <p>Booking is essential</p> <p>Criteria for Parent Support Clinic Appointment: Parents/guardians must have attended the Promoting Well-Being and Self-Care for Parents Workshop on Thursday 05th November 2020</p>	<p>discuss specific issues pertaining to parents/guardians own well-being and self-care.</p>	<p>and Family Psychology Service</p>		<p>061-461791 061- 461792 061 - 461816</p>
Limerick City and County	<p>Screen Time Workshop</p> <p>Parent Workshop</p>	<p>03rd December 2020 10am – 11.30am</p>	<p>Virtual Platform - Delivered by Primary Care Child and Family Psychology Service</p>	<p>Parents/guardians of children and adolescence aged 0-18 living in Limerick city and county.</p>	<p>Primary Care Child and Family Psychology Service 061-461788 061-461789 061-461791 061- 461792 061 - 461816</p>
Limerick City and County	<p>Parent Support Clinic – Screen Time</p> <p>Parents/guardians can meet with a Clinical Psychologist to discuss the challenges that they are experiencing in relation to their child/adolescents Screen Time. Booking is essential</p> <p>Criteria for Parent Support Clinic Appointment: Parents/guardians must have attended the Screen Time Workshop on Thursday 03rd December 2020</p>	<p>December 2020</p> <p>6 x 45 minute PSC slots available to discuss specific issues pertaining to your child/adolescents Screen Time.</p>	<p>Virtual Platform - Delivered by Primary Care Child and Family Psychology Service</p>	<p>Parents/guardians of children/adolescents aged 0-18 living in Limerick city and county.</p>	<p>Primary Care Child and Family Psychology Service 061-461788 061-461789 061-461791 061- 461792 061 - 461816</p>

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.



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

