



Limerick Parenting Calendar: September – December 2021



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

It is divided into the following categories:

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

- East Limerick
- Limerick City
- West Limerick

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

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

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

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

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

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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 Programmes					
Limerick City	<p>Mellow Bumps</p> <p>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>Starting Autumn /Winter 2021 dates tbc</p> <p>6 x 2 hour sessions over 6 weeks</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</p> <p>061 482965 Annej.hegarty@hse.ie</p>
Limerick City	<p>Mellow Bumps: Dads-to- Be</p> <p>A programme intended to decrease the stress levels of dads-to-be and to help them understand that babies are prepared for social interaction from birth and the importance of early interaction for brain development. Supporting Dads to be involved in supporting the pregnancy and help achieve better outcomes for their babies.</p>	<p>Starting Autumn /Winter 2021 dates tbc</p> <p>6 x 2 hour sessions over 6 weeks</p>	Limerick City Venue TBC	<p>Dads -to -be: Expectant Fathers across Mid West (Limerick, Clare, and North Tipperary)</p>	<p>Anne Hegarty, UL Maternity Hospital</p> <p>061 482965 Annej.hegarty@hse.ie</p>

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Parents of 0 – 5 Years					
Limerick City					
Limerick City Southside	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 Tuesday 28 th September 10:30-12:00 5 week programme	LSSC Child and Family Centre, Southside Education Campus, Galvone	Parents/Carers of babies from birth to eight months	Mary Danaher, Community Mother Limerick Social Service Council, mary.danaher@lssc.ie or 061-314111
Limerick City Northside	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; learning about ways to provide physical and tactile stimulation for babies and its importance for brain development;	Starting Tuesday 28 th September. 10.30 a.m. – 12.00 p.m. 8 Week programme	Northside Family Resource Centre, 26-28 Clonconnane Road, Ballynanty, Limerick.	Parents of children aged 0 – 8 months. Baby also attends. Registration required in advance.	Pat Fitzpatrick 061 326623 Ext: 115 patfitzpatrick@northsidefrc.ie

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	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.				
Limerick City Southside	<p>The Incredible Years Parent and Baby programme</p> <p>This programme is comprised of eight sessions that focus on the child's first year of life. The Incredible Years Infant programme supports parents and their babies in the following ways: learning how to observe and read babies' cues and signals; understanding babies as intelligent learners; learning about ways to provide physical and tactile stimulation for babies and its importance for brain development, understanding the importance of finding time for oneself to renew energy for parenting. Parents learn how to make their babies feel loved, safe and secure and how to encourage their baby's physical and language development. Parents are encouraged to build strong peer and social networks for themselves which will hopefully last far beyond the duration of the programme.</p>	<p>Starting Thursday 30th September</p> <p>10:00-12:30</p> <p>8 week programme</p>	LSSC Child and Family Centre, Southside Education Campus, Galvone	Parents/Carers of children from birth to 12 months and their babies	Eithne Egan Community Mother, Limerick Social Service Centre, 061-3141111 or Eithne.egan@lssc.ie

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Moyross	<p>Baby Reflexology</p> <p>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.</p>	<p>Starting Thursday 30th September</p> <p>10.30am - 12.00pm</p> <p>5 week programme</p>	<p>Moyross</p> <p>Location tbc</p>	<p>Parents of babies from birth to eight months</p>	<p>Jeanne Ryan</p> <p>abcreferrals@paulpartnership.ie</p> <p>061 419388 or 085 4152415</p>
Limerick City Northside	<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 Thursday 4th November</p> <p>10.30am - 12.00pm</p> <p>5 week programme</p>	<p>Moyross</p> <p>Location tbc</p>	<p>Parents/Carers of babies from birth to eight months</p>	<p>Jeanne Ryan</p> <p>abcreferrals@paulpartnership.ie</p> <p>061 419388 or 085 4152415</p>

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Barrack View	Baby Reflexology Baby Reflexology classes guide parents to use specifically designed reflexology techniques with your baby to enhance nurturing relationships with your baby and to support the development of a sense of security and attachment. Reflexology is the application of touch and massage to areas of the feet or hands that correspond to specific areas of the body, which are mapped out on the hands and feet. Baby instructors use dolls to demonstrate while parents/caregivers follow with their own baby.	Starting Tuesday 16 th November 9.30am – 11.00am 5 week programme	Barrack View Health Centre, Sarsfield Court, Lord Edward St, Limerick	Parents of babies from birth to eight months	Jeanne Ryan abcreferrals@paulpartnership.ie 061 419388 or 085 4152415
West Limerick					
Newcastle West West Limerick Children's Services	Early Bird Parent Training: The Early Bird Parent Training sets out to support parents and care givers: <ul style="list-style-type: none"> To develop an understanding of autism and how their child experiences the world. To improve communication and interaction with their child. To develop an understanding of their child's behaviour. 	Starting Tuesday 19 th October 2021 9.45am-11.15am. 6 Weeks: 1.5 hours per week (no session on October 26 th due to Midterm Break) Final session on Tuesday the 30 th of November.	Virtually	Parents and Carers of children with Autism Spectrum Disorder under 5 years.	Roisin Cantillon Social Worker West Limerick Children's Services 069-61919 <u>Please note this programme is only available to parents of children attending West Limerick Children's Services.</u>

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Parents of 6 – 12 years					
East Limerick					
Kilmallock	<p>Parent's Plus Children's Programme 6-11yrs</p> <p>This is a practical, solution-focused parents programme. It is suitable for parents of children aged 6-11 years, including children with additional needs.</p> <p>Topics Covered:</p> <ul style="list-style-type: none"> • Managing Behaviours, • Building Confidence, • Encouragement, • Parent Self-Care and Family Unity <p>Delivered in a confidential supportive environment, once a week on Wednesday mornings in Ballyhoura Resource Centre, Coote Hall, Kilmallock, Co. Limerick.</p> <p>Please register on link below. ballyhouradevelopment.com/Event/parent-plus-childrens-programme-6-11yrs</p>	<p>Starting Wednesday 22nd September</p> <p>10.00am – 12.00pm</p> <p>Ends Wednesday 24th November</p>	Ballyhoura Resource Centre, Coote Hall, Kilmallock, Co. Limerick	Parents of children, 6– 11yrs	Jacki Hehir 086 0660 560 jhehir@ballyhoura.org

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Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
Limerick City					
Limerick City Northside	<p>Parents Plus Children's Programme</p> <p>An evidence-based parenting course promoting confidence, learning and positive behaviour in children aged 6 to 11 years.</p> <p>Parents Learn About:</p> <ul style="list-style-type: none"> • Solving childhood problems • Play and special time with children • Building children's self-esteem and confidence • Encouraging children's learning/supporting homework • Setting rules and helping children keep them • Establishing daily routines • Managing misbehaviour using consequences and sanctions • Problem solving/talking problems through with children • 	<p>Starting date: TBC</p> <p>6:00pm – 9:00pm</p> <p>6 weeks: 3 hours per week.</p> <p>Blended Learning (in-person/online) depending on group preferences.</p>	<p>Northside Family Resource Centre, 26-28 Clonconnane Road, Ballynanty, Limerick.</p>	<p>Parents of children 6-11 years old.</p> <p>Registration required in advance.</p>	<p>Rosie Donelan</p> <p>061 326623 Ext:126</p> <p>rosiedonelan@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 parents and teenagers aged 12-16 years. - Communication - Managing Stress - Problem Solving - Limit Setting Open for referrals	Starting October 2021 on Tuesday evenings. Start date tbc 6.00pm – 8.30pm	Hospital Family Resource Centre, Knockainey Rd., Hospital, Co. Limerick.	Parents and their teenagers aged between 12-16 years	Martha Potter, Hospital FRC 087 2813341
Limerick City					
Limerick City & suburbs	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. Open for Referrals now.	Starting November 2021 14 weeks 6.00pm – 8.30pm Transport, dinner for participants and childcare on site are provided to support attendance.	Limerick City, venue TBC Transport will be provided if needed	Teenagers aged 12 – 16 years with parent or responsible adult, residing in Limerick City or suburbs. Open to families and teenagers either with or without Substance Misuse issues.	Mike Walsh, Community Substance Misuse Team 061-318904 or 086-0656257 mwalsh@csmt.ie

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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 parent's 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 	<p>Date and Time TBC</p> <p>Eight week programme</p>	Venue TBC	Parents/Carers of Teenagers	<p>Enda Keogh, Relationships and Sexual Health Project Worker, Limerick Social Service Centre.</p> <p>061-314111 or enda.keogh@lssc.ie</p>
West Limerick					
Newcastle West West Limerick Children's Services	<p>Parents Plus Special Needs</p> <p>Group programme</p> <p>-Understanding the journey of parenting a child with special needs</p> <p>-Managing stress and looking after yourself as a parent</p> <p>-Supporting siblings and family relationships</p> <p>-Establishing good family routines</p> <p>-Managing problem behaviours</p>	<p>Starting Friday 15th October 2021</p> <p>10.00am– 12.30pm</p> <p>7 Weeks: 2.5 hours per week (no session on October 29th due to Midterm Break) Final session 3rd December.</p>	TBC	Parents of adolescents with an Intellectual Disability (ages 11+)	<p>Amy O'Dea Clinical Psychologist West Limerick Children's Services</p> <p>069 61919</p>

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	<ul style="list-style-type: none"> -Supporting good friendships and social opportunities -Building self-esteem, confidence and independence -Supporting teenager's education and development -Dealing with puberty, sexuality and relationships -Preparing for future transitions and adulthood 				<p><u>Please note this programme is only available to parents of children/ adolescents attending West Limerick Children's Services.</u></p>
West Limerick	<p>Parents Plus Adolescent Programme</p> <p>This programme is a practical, solution-focused and draws on parent's 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 	<p>Starting Wednesday 29th September</p> <p>10:30-12:30</p> <p>Eight week programme</p>	Desmond Complex, Newcastle West	Parents/Carers 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> <p>Mary Danaher, Limerick Social Service Centre. 061-314111 or mary.danaher@lssc.ie</p>

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Topic-based Parenting Programmes					
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.
Mid-West Region	<p>Parents Plus for Parents of Children with Special Needs</p> <p>This Programme Supports Parents to: Personally cope and manage stress, deal with the challenges of adolescence & manage challenging behaviour</p> <p>The programme supports your child to: Learn social skills and build friendships, deal with puberty and sexuality & gain confidence and self-esteem.</p>	<p>Starting Thursday 7th October</p> <p>7.00pm – 9.00pm</p>	Remote Learning on Zoom.	Parents of Children with Intellectual disabilities aged between 10 and 18 years of age.	Hospital FRC – Martha Potter 087 2813341

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Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
Limerick City					
Limerick Southside	<p>Parents Plus Parenting When Separated Programme</p> <p>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> <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 	<p>Friday, September 28th</p> <p>10:00-12:30</p> <p>6 Week Programme</p>	LSSC Child and Family Centre, Southside Education Campus, Galvone	Parents/Carers who are preparing for, going through or have gone through separation or divorce	<p>Mary McCall Limerick Social Service Council, Mary.mccall@lssc.ie 061-314111</p> <p>or</p> <p>Angie Murphy, Barnardos Limerick North, angie.murphy@barnardos.ie or 061-329298</p>

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Parenting Supports and Workshops					
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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.	Tuesday evenings – Starting 21 st September 2021 @ 6 p.m. for six weeks.	Youth Reach Hospital, Main St., Hospital, Co. Limerick.	Parents of children in primary school.	Hospital FRC - Martha Potter 087 2813341
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.	Wednesday evenings – Starting 22 nd September 2021 @ 6 p.m. for six weeks.	Youth Reach Hospital, Main St., Hospital, Co. Limerick.	Parents of children of primary school age.	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.	Starting Tuesday evenings for four weeks’ x 2 classes -6 p.m. -7.30 p.m.	Hospital FRC, Knockainey Rd., Hospital, Co. Limerick.	Parents of children of primary school age.	Hospital FRC - Martha Potter 087 2813341

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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	Hospital Family Resource Centre, Knockainey Rd., Hospital, Co. Limerick.	Parents and individuals	Hospital FRC – Martha Potter 087 2813341
East Limerick Area	SHEP – Effective Communication: Topics covered: Recognising our own patterns of communication, identifying strengths and building on them, asking for what we want, saying ‘No’ when we need to, handling criticism.	TBC	Remote Learning Via Zoom.	Parents and Individuals	Hospital FRC – Martha Potter 087 2813341
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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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 – Bridget or May @ 061 383884.
Limerick City					
Limerick City Southside	Weaning Workshop A practical workshop to introduce your baby to solid foods, usually when your baby is between 4-6 months old. During the weaning process, the baby will progress from breast milk or formula milk only to a fully mixed diet with foods of different textures and tastes.	Wednesday 22 nd September 10.30am – 11.30am	LSSC Child and Family Centre, Southside Education Campus, Galvone	Parents of Babies 0-6 Months	Eithne Egan Community Mother, Limerick Social Service Centre, 061-314111 or Eithne.egan@lssc.ie
Limerick City Northside	Weaning Workshop A practical workshop to introduce your baby to solid foods, usually when your baby is between 4-6 months old. During the weaning process, the baby will progress from breast milk or formula milk only to a fully mixed diet with foods of different textures and tastes.	Tuesday 20 th October 10.30am – 11.30am	Moyross Venue TBC	Parents of Babies 0-6 Months	Mary Danaher, Community Mother Limerick Social Service Council, mary.danaher@lssc.ie or 061-314111
Limerick City Centre	Health Food Made Easy 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.	Starting Thursday, October 21 st Time: TBC 6 week programme	Limerick Social Service Council, Henry Street, Limerick. V94 2W14	Parents/Carers	Evelyn Meenaghan, Community Mother, Limerick Social Service Council, evelyn.meenaghan@lssc.ie or 061314111.

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Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
	There will be an opportunity for all participants to prepare, cook and eat healthy food in Sessions 2-6.				
Limerick City Centre	Weaning Workshop A practical workshop to introduce your baby to solid foods, usually when your baby is between 4-6 months old. During the weaning process, the baby will progress from breast milk or formula milk only to a fully mixed diet with foods of different textures and tastes.	Wednesday 17 th November 10.30am – 11.30am	Garryowen Venue TBC	Parents of Babies 0-6 Months	Susie O'Shea Community Mother, Limerick Social Service Centre, 061-314111 Or Jeanne Ryan abcreferrals@paulpartnership.ie 061 419388 or 085 4152415
Limerick City Centre	Weaning Workshop A practical workshop to introduce your baby to solid foods, usually when your baby is between 4-6 months old. During the weaning process, the baby will progress from breast milk or formula milk only to a fully mixed diet with foods of different textures and tastes.	Tuesday 30 th November 10.30am – 11.30am	Limerick Social Service Council, Henry Street, Limerick. V94 2W14	Parents of Babies 0-6 Months	Jeanne Ryan abcreferrals@paulpartnership.ie 061 419388 or 085 4152415
Limerick City Northside	Weaning Workshop A practical workshop to introduce your baby to solid foods, usually when your baby is between 4-6 months old. During the weaning process, the baby will progress from breast milk or formula milk only to a fully mixed diet with foods of different textures and tastes.	Wednesday 15 th December 10.30am – 11.30am	Moyross Venue TBC	Parents of Babies 0-6 Months	Evelyn Meenaghan, Community Mother, Limerick Social Service Council, evelyn.meenaghan@lssc.ie or 061314111.

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Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
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.	Date and Time TBC	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
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 - Counselling Service - Signposting and referral to other services	Monday to Friday 9 am – 5pm	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
Newcastle West	Buggy Buddies A 4 week Walk & Talk programme for parents and guardians with their babies and toddlers. Join us for a walk, gentle exercise, games & chats. Starts at 11am Tuesday 7th September at the Demesne in Newcastle West. Places are limited to 15.	Tuesday 7 th September 11.00am 4 weeks (may go on beyond 4 weeks if there is interest)	Starts a Demense, Newcastle West	Parents / guardians and their babies/toddlers	Stefanie Jäger Liston, Family Support & Community Development Worker, West Limerick Resources 087 3982925 or SJaeger@wlr.ie Registration is essential.
West Limerick	Mini Cycle Celebrate Limerick's Greenways as part of Bike Week. Learn how to cycle safely with your little ones, along our beautiful amenity, The Limerick Greenway. Places are limited so registration is essential.	Friday 17 th September 11.00am – 3.00pm	Limerick Greenway	Parents / guardians and their toddlers (1 – 3 years)	Stefanie Jäger Liston, Family Support & Community Development Worker, West Limerick Resources 087 3982925 or SJaeger@wlr.ie Registration is essential.

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Online					
Online	Managing your Child's/Adolescent's Anxiety Parent Workshop	Thursday 9 th September 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	Toileting Difficulties Workshop Parenting Workshop Available to parents living in Limerick. Registration required.	Tuesday 14 th September Two workshops: • 10.00am – 11.30am • 7.00pm – 8.30pm	Virtual Platform – Delivered by North Tipperary Primary Care Psychology Service.	Parents/guardians of children and adolescents aged 0-18	To register contact 067-46442 or northtipperarypc.childpsychology@hse.ie
Online	Anxiety Workshop Parenting Workshop Available to parents living in Limerick. Registration required.	Tuesday 21 th September Two workshops: • 10.00am – 11.30am • 7.00pm – 8.30pm	Virtual Platform – Delivered by North Tipperary Primary Care Psychology Service.	Parents/guardians of children and adolescents aged 0-18	To register contact 067-46442 or northtipperarypc.childpsychology@hse.ie
Online	Eating Difficulties Workshop Parenting Workshop Available to parents living in Limerick. Registration required.	Tuesday 28 th September Two workshops: • 10.00am – 11.30am • 7.00pm – 8.30pm	Virtual Platform – Delivered by North Tipperary Primary Care Psychology Service.	Parents/guardians of children and adolescents aged 0-18	To register contact 067-46442 or northtipperarypc.childpsychology@hse.ie

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Online	Paediatric First Aid Parent Workshop	Date and Time in September TBC One Session Programme	On-line via Zoom	Parents/Carers of Babies and Young children	Melissa Fitzgerald, Coordinator, Community Mothers and Teen Parent Support Programmes, Melissa.fitzgerald@lssc.ie ; 061-314111
Online	The Why's and How's of Temper Tantrums Parent Workshop	Thursday 7 th October 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	Parenting Talk/ Webinar <i>Parenting Anxious Children & Teenagers</i> Guest Speaker Bronagh Starrs	Wednesday 20 th October 7.00pm- 8.00pm	Zoom Webinar	Parents of Anxious Children	Jacki Hehir 086 0660 560 jhehir@ballyhoura.org
Online	Parents Well-Being and Self-Care Parent Workshop	Thursday 11 th November 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 Childs Self-esteem throughout their life time Parent Workshop	Thursday 9 th December 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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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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the most important job in the world.**

Email: info@loveparenting.ie

