

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 Programmes.....	3
Parents of 0 – 5 Years.....	4
Parents of 6 – 12 years.....	12
Parents of 13 – 18 years.....	13
Topic-based Parenting Programmes.....	15
Parenting Workshops and Other Supports.....	18
Other Supports for Parents.....	23

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

- East Limerick
- Limerick City
- West Limerick
- Online

All listings 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](mailto:david.studer@tusla.ie)

Go to [www.loveparenting.ie](http://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. It is important that you contact the identified name on the listing to confirm time, start date, location etc.**

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

## Parent Baby and Toddler Groups

There are more than 50 Parent Baby and Toddler Groups running across East Limerick, West Limerick and Limerick City.

Some Parent Baby and Toddler Group are parent-led and other are supported by organisations. The groups provide a welcoming and lively space for parents and children to gather and grow. The Baby and Toddler Groups are also a springboard to other supports (workshops, parenting programmes etc.) and have a really important role in sign-posting parents and carers to other services and agencies.

Some groups are listed below. For a full listing of groups go to [www.loveparenting.ie/baby-toddler-groups/](http://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](http://LoveParenting.ie) or [MyChild.ie](http://MyChild.ie). [MyChild.ie](http://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.

**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
<b>Antenatal Parenting Programmes</b>					
Limerick City	<p><b>Mellow Bumps</b></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 November Date tbc</p> <p>6 x 2 hour sessions over 6 weeks</p>	Limerick City Venue TBC	<p><b>Mums- to -be:</b> 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><a href="mailto:Annej.hegarty@hse.ie">Annej.hegarty@hse.ie</a></p>

**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
<b>Parents of 0 – 5 Years</b>					
<b>East Limerick</b>					
Croom	<b>Parent and Toddler Group</b> A Parent and Toddler Group is an informal group within the local community, which provides an opportunity for young children and their parents/carers to meet. All groups offer opportunities for social interaction, friendship, learning, and play.	Thursdays Starting 6 <sup>th</sup> October 10.00am – 11.30am	Croom Family Resource Centre, Croom Mills, Church Road, Toureen, Croom, Co. Limerick V35E306	Parents, carers, grandparents, childminders and children from zero to Preschool age	Caroline 085 2568579 caroline@croomfrc.com
Ballingarry	<b>Parent and Toddler Group</b> A Parent and Toddler Group is an informal group within the local community, which provides an opportunity for young children and their parents/carers to meet. All groups offer opportunities for social interaction, friendship, learning, and play	Wednesdays Starting 5 <sup>th</sup> October 10.00am – 11.30am	Croom Family Resource Centre, Ballingarry Outreach Centre, Old Library, Ballingarry V949H30	Parents, carers, grandparents, childminders and children from zero to Preschool age	Caroline 085 2568579 caroline@croomfrc.com
Hospital	<b>Parent &amp; Toddler Support group</b>	Wednesday mornings 10 a.m. to 12 noon	Hospital FRC	Parents, grandparents, Childminders & children under 5 yrs.	Michelle 086 8888105/061 383884
Ballylanders	<b>Parent &amp; Toddler Support group</b>	Tuesday mornings 10 a.m. to 12 noon	Day Care Centre Ballylanders	Parents, grandparents, Childminders & children under 5 yrs.	Michelle 086 8888105
Caherconlish	<b>Parent &amp; Toddler Support group</b>	Thursday – mornings 10 a.m. to 12 noon	Millennium Centre, Caherconlish	Parents, grandparents, Childminders & children under 5 yrs.	Phil/Michelle 086 8888105 061383884
Kilmallock	<b>Parent &amp; Toddler Support group</b>	Friday – mornings 10 a.m. to 12 noon	Pastrol Centre, Kilmallock	Parents, grandparents, Childminders & children under 5 yrs.	Michelle 086 8888105 061383884

**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
<b>Limerick City</b>					
Northside, Southside and City Centre	<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>These workshops and programmes are evidence based / approach informed and include the following:</p> <ul style="list-style-type: none"> <li>• Baby Massage ;</li> <li>• Starting your Baby onto Solids;</li> <li>• First Aid;</li> <li>• Incredible Years ;</li> <li>• Healthy Food Made Easy</li> </ul> <p>See contact details for more information with regard to ABC/LSSC schedule.</p>	TBC	TBC	0-6 YEARS	<p>Niamh Treacy ABC Start Right</p> <p>087 6184983</p> <p><a href="mailto:niamh.treacy@hse.ie">niamh.treacy@hse.ie</a> Or <a href="mailto:abcreferrals@Paulpartnership.ie">abcreferrals@Paulpartnership.ie</a></p>
Northside Limerick	<p><b>Baby Massage Programme:</b></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.</p>	<p>Starting Monday 12<sup>th</sup> September 2022</p> <p>10:30 – 12:00pm</p> <p>5 weeks: 1.5 hours</p>	<p>Board Room, Northside Family Resource Centre, Clonconnane Road, Ballynanty, Limerick V94APX8.</p>	<p>Parents of pre-crawlers, 0-6 months</p>	<p>Pat Fitzpatrick</p> <p>061-326623</p> <p><a href="mailto:patfitzpatrick@northsidefrfc.ie">patfitzpatrick@northsidefrfc.ie</a></p>

**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
	Baby Massage Instructors use dolls to demonstrate while parents/caregivers follow with their own baby.				
Northside Limerick	<p><b>Family Learning Sessions:</b> We will be running our creative Family Learning sessions on Thursday mornings for parents along with their children. Children will have the opportunity to socialise in a safe outdoor environment, with creative activities on offer to take part. Activities include story-telling, arts and crafts, creative and sensory activities. Some activities provided are seasonal e.g. autumn art. This family-based programme allows parents/carers to engage in a fun activity with children, no matter what the needs are. The group runs from 11-12 but if this is too long, only stay as long as you like. We offer a no pressure atmosphere.</p>	<p>Starting Thursdays 22<sup>nd</sup> September 2022  11:00am – 12:00pm  /Excluding school holidays  Run in conjunction with Limerick ETB, this programme requires pre-registration on the Fetch website.</p>	<p>Outdoor Playgroup, Northside Family Resource Centre, Clonconnane Road, Ballynanty, Limerick V94APX8.</p>	<p>Parents along with their toddlers and pre-schooler's, 0-6 years</p>	<p>Rosie Donelan  061-326623  <a href="mailto:rosiedonelan@northsidefrc.ie">rosiedonelan@northsidefrc.ie</a></p>
Northside Limerick	<p><b>Messy Mondays:</b> A small group of parents and their preschool aged children are welcome to join us for a 5-week “Messy Mondays” programme. Each week we will provide arts &amp; crafts suited to preschool children along with guidance and interaction from a tutor. Children will have the opportunity to socialise in a safe indoor environment, with lots of creativity included!</p>	<p>Starting Monday 26<sup>th</sup> September 2022  3:00 – 4:00pm  5 weeks: 1 hour  Run in conjunction with Limerick ETB, this programme may require pre-</p>	<p>Training Room, Northside Family Resource Centre, Clonconnane Road, Ballynanty, Limerick V94APX8.</p>	<p>Parents and their pre-schooler's, 3-6 years</p>	<p>Rosie Donelan  061-326623  <a href="mailto:rosiedonelan@northsidefrc.ie">rosiedonelan@northsidefrc.ie</a></p>

**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
	Aprons will be provided, but as we are guaranteed to get messy, please dress children in old clothing. Hand washing facilities are located within the room.	registration on the Fetch website.			
Northside Limerick	<p><b>Parent &amp; Toddler Outdoor Group:</b>  <b>*New day: Tuesday mornings</b>            We will be continuing our Outdoor Parent &amp; Toddler Group but with a new day of Tuesday. Children will have the opportunity to socialise in a safe outdoor environment, with outdoor toys, ride-on cars, sand- and water-play available. And not to forget have fun jumping in muddle puddles!            Wet suits can be provided, but as we are guaranteed to get messy, please dress children in old clothing. Warm clothing essential for the colder days, with a recommendation to bring spare clothes.</p>	<p>Starting Tuesdays 27<sup>th</sup> September 2022            11:00am – 12:00pm            Excluding school holidays            €2 donation or whatever you can afford per session, to facilitate trips throughout the year.</p>	Outdoor Playgroup, Northside Family Resource Centre, Clonconnane Road, Ballynanty, Limerick V94APX8.	Parents along with their toddlers and pre-schooler's, 0-6 years	<p>Rosie Donelan            061-326623  <a href="mailto:rosiedonelan@northsidefrc.ie">rosiedonelan@northsidefrc.ie</a></p>
Northside Limerick	<p><b>Parents Plus Children's Programme:</b>            An evidence-based parenting course promoting confidence, learning and positive behaviour in children aged 6 to 12 years.            Topics include:</p> <ul style="list-style-type: none"> <li>• Solving childhood problems</li> <li>• Play and special time with children</li> <li>• Building children's self-esteem and confidence</li> </ul>	<p>Starting Tuesday 27<sup>th</sup> September 2022            6:30pm – 9:00pm            \ 6 weeks: 2.5 hours</p>	Board Room, Northside Family Resource Centre, Clonconnane Road, Ballynanty, Limerick V94APX8.	Parents of children aged 6-12 years old.	<p>Rosie Donelan            061-326623  <a href="mailto:rosiedonelan@northsidefrc.ie">rosiedonelan@northsidefrc.ie</a></p>

**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
	<ul style="list-style-type: none"> <li>Encouraging children's learning/supporting homework</li> <li>Setting rules and helping children keep them</li> <li>Establishing daily routines</li> <li>Managing misbehaviour using consequences and sanctions</li> <li>Problem solving/talking problems through with children</li> </ul> <p>It is also an opportunity to meet other parents with similar aged children, going through the same challenges. Therefore, this group can also have a social aspect for parents.</p>				
Our Lady of Lourdes	<p><b>Incredible Years Parent Programme (3-8)</b>  A 14 week programme for parents of children aged 3 &amp; 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 learn to strengthen parent-child interactions and reduce harsh discipline. The programme also looks at self care and establishing peer support networks.</p>	<p>September 2022, date TBC</p> <p>Wednesday mornings 9-11.30am</p> <p>14 weeks</p>	Our Lady of Lourdes National School	Parents of children aged 3-6 years on Southside of Limerick City	<p>Tracy Fitzgerald</p> <p>085-7290048</p> <p><a href="mailto:Ollhsclo@gmail.com">Ollhsclo@gmail.com</a></p>
Northside Limerick	<p><b>Parents Plus Early Years Programme:</b></p>	<p>Starting Wednesday 12<sup>th</sup> October 2022</p>	Board Room, Northside Family Resource Centre,	Parents of children aged 0-6 years old,	<p>Pat Fitzpatrick</p> <p>061-326623</p>

**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
	<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"> <li>• Helping children to develop good attachments and relationships</li> <li>• Managing tantrums and misbehaviour</li> <li>• Building children’s language and development</li> <li>• Reducing own stress as a parent</li> <li>• Helping children to concentrate and learn</li> <li>• Increasing children’s self-esteem</li> <li>• Establishing positive daily routines</li> </ul> <p>There will be a special emphasis during this course on children with additional needs and the challenges that present.</p> <p>As this will be part of a pilot programme, parents will also be asked to complete a small research piece.</p>	<p>9:30am – 12:00pm</p> <p>9 weeks: 2.5 hours</p>	<p>Clonconnane Road, Ballynanty, Limerick V94APX8.</p>	<p>Children with <b>additional needs</b>.</p>	<p><a href="mailto:patfitzpatrick@northsidefrc.ie">patfitzpatrick@northsidefrc.ie</a></p>
Northside Limerick	<p><b>Incredible Years Parent and Baby Programme <u>or</u> Circles of Security Programme possibility:</b></p> <p><b>Incredible Years:</b> This is an 8-week programme for parents &amp; 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</p>	<p>Starting Monday 17<sup>th</sup> October 2022</p> <p>10:30 – 12:00pm</p> <p>9 weeks: 2.5 hours</p>	<p>Board Room, Northside Family Resource Centre, Clonconnane Road, Ballynanty, Limerick V94APX8.</p>	<p>Parents and their babies, 0-12 months</p>	<p>Pat Fitzpatrick</p> <p>061-326623</p> <p><a href="mailto:patfitzpatrick@northsidefrc.ie">patfitzpatrick@northsidefrc.ie</a></p>

**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
	<p>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 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.</p> <p><b>Circles of Security:</b> 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:</p> <ul style="list-style-type: none"> <li>• Understand their child's emotional world by learning to read emotional needs</li> <li>• Support their child's ability to successfully manage emotions</li> <li>• Enhance the development of their child's self esteem</li> <li>• Honour the innate wisdom and desire for their child to be secure</li> </ul> <p>The decision to run either course will be based on uptake.</p>	<ul style="list-style-type: none"> <li>• Starting Monday 17<sup>th</sup> October 2022</li> <li>• 10:30 – 12:00pm</li> <li>• 9 weeks: 2.5 hours</li> <li>•</li> </ul>	<p>Board Room, Northside Family Resource Centre, Clonconnane Road, Ballynanty, Limerick V94APX8.</p>	<p>Parents of children aged 4mths to 8yrs old</p>	<p>Pat Fitzpatrick 061-326623 <a href="mailto:patfitzpatrick@northsidefrc.ie">patfitzpatrick@northsidefrc.ie</a></p>

**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
Limerick city	<p><b>Parents Plus Early Years Programme</b></p> <p>A programme for parents of children ages 1-6. The programme provides support in the following areas:</p> <ul style="list-style-type: none"> <li>• Help your children develop good attachments and relationships</li> <li>• Manage tantrums and misbehaviour</li> <li>• Build your children’s language and development</li> <li>• Reduce your own stress as parents</li> <li>• Help your children to concentrate and learn</li> <li>• Increase your children’s self-esteem</li> <li>• Establish positive daily routines</li> </ul>	TBC	Southside Child and Family Centre, Galvone.	Parents of children, ages 1-6	<p>Joanne Ryan, Limerick Social Service Council, 061-3141111; <a href="mailto:joanne.ryan@lssc.ie">joanne.ryan@lssc.ie</a></p> <p>Or</p> <p>Evelyn Meenaghan, Limerick Social Service Council, 061-3141111; <a href="mailto:evelyn.meenaghan@lssc.ie">evelyn.meenaghan@lssc.ie</a></p>

**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
<b>Parents of 6 – 12 years</b>					
<b>East Limerick</b>					
Hospital – East Limerick Area	<b>Cookery class</b> Parents and their children of primary School age. Covering topics on Cooking Skills, Healthy shopping & Budgeting and food/meal & planning skills.	Monday evenings Starting 19 <sup>th</sup> of September 2022  6.30 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	<b>Cookery class</b> Parents and their children of primary School age. Covering topics on Cooking Skills, Healthy shopping & Budgeting and food/meal & planning skills.	Wednesday evenings – Starting 21st 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.	<b>Family Yoga – Family Benefits of Programme:</b> 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 13 <sup>th</sup> of September for 10 weeks. -6.30 p.m. -7.30 p.m.	Hospital FRC, Knockainey Rd., Hospital, Co. Limerick.	Parents and their children of primary school age.	Hospital FRC - Martha Potter 087 2813341

**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
<b>Parents of 13 – 18 years</b>					
<b>East Limerick</b>					
Hospital – East Limerick Area	<b>Strengthening Families Programme</b> 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
<b>Limerick City</b>					
Southside Limerick City	<b>Strengthening Families Programme</b> 14-week Family Skills Programme for teenagers aged 12-16 years. - Communication - Managing Stress - Problem Solving - Limit Setting	Starting Tuesday 27 <sup>th</sup> September  5.00pm – 8.00pm  14 weeks	Our Lady of Lourdes Community Centre	Parents and their teenagers aged between 12-16 years	Southill FRC Jimmy – 085-125-0790 Michelle – 086-785-7663 <a href="mailto:info@southillfrc.com">info@southillfrc.com</a>
Limerick City	<b>Parents Plus Adolescent Programme</b> 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:	<ul style="list-style-type: none"> <li>TBC</li> </ul>	TBC	Parents/Carers of Teenagers	Enda Keogh, Limerick Social Service Council. 061-314111 or <a href="mailto:enda.keogh@lssc.ie">enda.keogh@lssc.ie</a>

**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
	<ul style="list-style-type: none"> <li>• Manage and resolve conflict</li> <li>• Build self-esteem and confidence</li> <li>• Create warm connected relationships</li> <li>• Positively discipline their adolescent</li> <li>• Negotiate rules and boundaries</li> <li>• Solve problems together</li> <li>• Communicate positively and effectively</li> <li>• Reduce their own stress as parents</li> </ul>				
<b>West Limerick</b>					
West Limerick	<p><b>Parents Plus Adolescent Programme</b></p> <p>This programme is a practical, solution-focused and draws on parents strengths. It is suitable for parents of adolescents, including those with additional needs, such as ADHD. It is flexible and can be delivered over 6-12 weeks in small groups or with individuals.</p> <p>The programme aims to support parents of adolescents to:</p> <ul style="list-style-type: none"> <li>• Manage and resolve conflict</li> <li>• Build self-esteem and confidence</li> <li>• Create warm connected relationships</li> <li>• Positively discipline their adolescent</li> <li>• Negotiate rules and boundaries</li> <li>• Solve problems together</li> <li>• Communicate positively and effectively</li> <li>• Reduce their own stress as parents</li> </ul>	<p>Monday, September 26th</p> <p>Time TBC</p> <p>Six week programme</p>	Desmond Complex	Parents/Carers of Teenagers	<p>Enda Keogh, Limerick Social Service Council. 061-314111 or <a href="mailto:enda.keogh@lssc.ie">enda.keogh@lssc.ie</a></p> <p>or</p> <p>Mary Danaher, Limerick Social Service Council. 061-314111 or <a href="mailto:mary.danaher@lssc.ie">mary.danaher@lssc.ie</a></p>

**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
<b>Topic-based Parenting Programmes</b>					
<b>East Limerick</b>					
Croom	<b>Healthy Food Made Easy</b> A 6 week course nutrition and cookery course developed by community dieticians. It aims to Encourage healthy eating, improve knowledge of nutrition when preparing our meals at home, learn healthy meals on a budget.	Mondays Starting 19 <sup>th</sup> September 10.30 – 12.30 6 weeks  <b>FULLY BOOKED</b>	Croom Family Resource Centre, Croom Mills, Church Road, Toureen, Croom, Co. Limerick V35E306	Parents and Families, 1 or 2 members of each family can attend	Caroline 085 2568579 caroline@croomfrc.com
Croom	<b>Healthy Food Made Easy</b> A 6 week course nutrition and cookery course developed by community dieticians. It aims to Encourage healthy eating, improve knowledge of nutrition when preparing our meals at home, learn healthy meals on a budget.	Monday Starting 7 <sup>th</sup> November 10.00 – 12.30 6 weeks	Croom Family Resource Centre, Croom Mills, Church Road, Toureen, Croom, Co. Limerick V35E306	Parents and Families, 1 or 2 members of each family can attend	Caroline 085 2568579 caroline@croomfrc.com
<b>Limerick City</b>					
Limerick city Centre	<b>Health Food Made Easy</b> 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  There will be an opportunity for all participants to prepare, cook & eat healthy food in Sessions 2-6.	Tuesday, November 8 <sup>th</sup>  10:00AM  6 week programme	LSSC, Upper Henry Street, Limerick V94 2W14	Parents/Carers	Emilia Galach, Community Mother, Limerick Social Service Council, <a href="mailto:emilia.galach@lssc.ie">emilia.galach@lssc.ie</a> or 061314111.

**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
Limerick City	<p><b>Parents Plus Healthy Families Programme</b> is a six to eight week programme that supports parents in the following areas:</p> <ul style="list-style-type: none"> <li>• Understand how to improve your families health and well-being</li> <li>• Promote healthy eating and mealtimes</li> <li>• Incorporate active play and physical activities into your day</li> <li>• Maintain positive mental health and self-esteem</li> <li>• Establish good routines for sleep</li> <li>• Set up rules around technology use at home</li> <li>• Build positive family relationships</li> </ul>	TBC	TBC	Parents of Children ages 1-12	<p>Margaret Mastriani, Limerick Social Service Council, 061-314111 or <a href="mailto:margaret.mastriani@lssc.ie">margaret.mastriani@lssc.ie</a></p> <p>It may be possible to run a programme at the request of a school or community based organisation depending on demand.</p>
Northside Limerick	<p><b>Parents Plus Healthy Families Programme:</b></p> <p>This programme brings families and 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"> <li>• Understanding how to improve family's health and well-being</li> <li>• Promoting healthy eating and mealtimes</li> </ul>	<p>Start date TBC</p> <p>9:30am – 12:00pm</p> <p>8 weeks: 2.5 hours</p>	Northside Family Resource Centre, Clonconnane Road, Ballynanty, Limerick V94APX8.	Parents of children aged 2-12 years old.	<p>Rosie Donelan</p> <p>061-326623</p> <p><a href="mailto:rosiedonelan@northsidefrc.ie">rosiedonelan@northsidefrc.ie</a></p>

**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
	<ul style="list-style-type: none"> <li>Incorporating active play and physical activities into the day</li> <li>Maintaining positive mental health and self-esteem</li> <li>Establishing good routines for sleep</li> <li>Setting up rules around technology use at home</li> <li>Building positive family relationships</li> </ul> <p>As this will be part of a pilot programme, parents will be asked to complete a small research piece.</p>				
Limerick City Centre	<p><b>City Slickers Programme</b> 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>	End of September. Start date to be confirmed	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 <a href="mailto:joanne.ryan@lssc.ie">joanne.ryan@lssc.ie</a>
<b>Online</b>					
Mid/West Region -	<p><b>Parents Plus for Parents of Children with Special Needs – This Programme Supports Parents to...</b> Personally cope and manage stress, deal with the challenges of adolescence &amp; manage challenging behaviour</p> <p><b>Support your child to...</b> learn social skills and build friendships, deal with puberty and sexuality &amp; gain confidence and self-esteem.</p>		Remote Learning on Zoom.	Parents of Children with Intellectual disabilities aged between 8 to 12 years of age years of age.	Hospital FRC – Martha Potter 087 2813341

**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
<b>Parenting Workshops and Other Supports</b>					
<b>For a full listing of Parenting and Family Support Services in Limerick city and county, download the Parenting Limerick <a href="#">Information on Parenting Support in Limerick</a> brochure</b>					
<b>East Limerick</b>					
Hospital – East Limerick Area	<b>Occupational Therapy workshops:</b> Workshop One <i>Independence and Confidence– Practical strategies to help children with additional needs gain independence in</i>  Workshop 2 <i>Emotional Regulation</i>	12.09.2022 7-9pm 19.09.2022 7-9pm  26.09.2022 7-9pm 10.10.2022 7-9pm	Hospital FRC, Co. Limerick.	Parents of children with additional needs	Phil Lockhart 086 735 9650 Michelle 086 8888105 Hospital frc 061 383884
<b>Limerick City</b>	<b>SKiPS</b> Special Kids Parents Support Group is a peer support group for parents, carers and family members that have a child with special needs.	3 <sup>rd</sup> 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.
Croom	<b>Family Meditation workshop</b> Workshop for parents with 1 facilitator and separate workshop for children with 1 facilitator running simultaneously	Saturdays Start date TBC 11.00am 3 monthly workshops between September and December 2022	Croom Family Resource Centre, Croom Mills, Church Road, Toureen, Croom, Co. Limerick V35E306	Parents and Children Experiencing anxiety	Caroline 085 2568579 caroline@croomfrc.com

**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
Hospital – East Limerick Area	<b>Paediatric First Aid for parents &amp; carers:</b> Topics Covered: Cardiac Emergencies, bleeding and wounds, fractures, soft tissues injuries, burns etc.	TBC	Hospital FRC, Co. Limerick.	Parents, grandparents & minders	Michelle 086 8888105 Hospital frc 061 383884 Phil Lockhart 086 735 9650
East Limerick Area	<b>SHEP – Effective Communication for better relationships:</b> 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.	Starting Tuesday 27 <sup>th</sup> of September 10.30 a.m. to 1 p.m. for 8 weeks	Hospital Family Resource Centre, Knockaiey Rd., Hospital, Co. Limerick.	Parents and individuals	Hospital FRC – Martha Potter 087 2813341
Hospital – East Limerick Area	<b>Counselling support</b> for: depression, anxiety, stress, bereavement, abuse, relationship breakdown etc.	Referrals – Ongoing	Hospital FRC, Knockaiey Rd., Hospital, Co. Limerick.	Families, couples, adults and teenagers.	Hospital FRC – AnneMarie or Mary @ 061 383884.
Hospital - East Limerick Area	<b>CSMT Drug and Alcohol Out-reach Clinic</b> - 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, Knockaiey Rd., Hospital Co. Limerick.	Young people & families	061 317688
Hospital – East Limerick Area	<b>ADAPT Domestic Violence Out Reach Clinic</b> - 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, Knockaiey 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).
<b>Limerick City</b>					

**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
Moyross Limerick Northside	<p><b>Family cooking course:</b> The course will focus on improving cookery skills, cooking budget friendly meals, batch cooking recipes and ideas, meals to suit the whole family and weekly meal and food planning. Each class will include a cooking demonstration where participants will be asked to take part.</p> <p>Delivered in collaboration with Limerick and Clare ETB</p>	<p>Starting Wednesday 21st September</p> <p>10-12pm</p> <p>6 weeks</p>	32 Ballygrennan close, Moyross Limerick	Parents/guardians/Individuals	<p>Jillian Gillick</p> <p>087-2671634</p> <p>Jillian.gillick@respond.ie</p>
Limerick City	<p><b>International Women's Health and Parenting Group</b> Provides support for parents around cultural differences in parenting and parental self-care and well-being as well as peer support.</p>	<p>Thursday, October 6<sup>th</sup></p> <p>Time TBC</p>	LSSC, Upper Henry Street, Limerick. V94 2W14	Mothers	<p>Enda Keogh, Limerick Social Service Council. 061-314111 or <a href="mailto:enda.keogh@lssc.ie">enda.keogh@lssc.ie</a></p>
Moyross Limerick Northside	<p><b>Parent Self- Care Workshop</b> The session will focus on the importance of parents meeting their own needs and practicing self-care and self-compassion so they can better care for their family. The course will look at the following: -Identify what is parent self-care and its importance -Practical ways to reduce parental stress -Explore how to communicate own needs to family/friends -Support with developing self-care plans</p>	<p>Tuesday 18<sup>th</sup> October</p> <p>10-11.30am</p>	32 Ballygrennan close, Moyross Limerick	Parents and Guardians	<p>Jillian Gillick</p> <p>087-2671634</p> <p>Jillian.gillick@respond.ie</p>
Northside Limerick	<p><b>Wonderful Wednesdays</b> We will be running "Wonderful Wednesdays" for parents along with their children. Children will have the opportunity</p>	<ul style="list-style-type: none"> <li>Starting Wednesday 3<sup>rd</sup> November 2022</li> <li>3:00 – 4:00pm</li> </ul>	Training Room, Northside Family Resource Centre,	Parents and their pre-schooler's, 3-6 years	<p>Rosie Donelan</p> <p>061-326623</p>

**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
	<p>to socialise in a safe indoor environment, with creative activities on offer to take part.</p> <p>Activities include story-telling, arts and crafts, creative and sensory activities. Some activities provided are seasonal e.g. Christmas art. This family-based programme allows parents/carers to engage in a fun activity with children, no matter what the needs are.</p> <p>Run in conjunction with Limerick ETB, this programme may require pre-registration on the Fetch website.</p>	6 weeks: 1 hour	Clonconnane Road, Ballynanty, Limerick V94APX8.		<a href="mailto:rosiedonelan@northsidefrc.ie">rosiedonelan@northsidefrc.ie</a>
<b>Online</b>					
Online	<b>School-Based Anxiety</b>	Thursday 29 <sup>th</sup> 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	<b>The power of supporting your child’s cognitive, emotional and social development through play</b>	Thursday 18 <sup>th</sup> 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	<b>Parenting when separated</b>	Thursday 24 <sup>th</sup> 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.

**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	<b>My child won't speak around others</b>	Thursday 8 <sup>th</sup> 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.

**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
<b>Other Supports for Parents</b>					
<b>East Limerick</b>					
Croom	MOTM 6-week physical activity programme for Mums looking to get back into exercise	Starting 18 <sup>th</sup> September 9.30am – 10.15am 6 weeks	Croom Family Resource Centre, Croom Mills, Church Road, Toureen, Croom, Co. Limerick V35E306	Mums and women of all ages	Caroline 085 2568579 caroline@croomfrc.com
Ballingarry	MOTM 6 week physical activity programme for Mums looking to get back into exercise	Starting 18 <sup>th</sup> September 9.15am – 10.00am 6 weeks	Croom Family Resource Centre, Ballingarry Community Centre, The Square, Ballingarry, Co. Limerick V94W688	Mums and women of all ages	Caroline 085 2568579 caroline@croomfrc.com
<b>Limerick City</b>					
Moyross Limerick Northside	<b>Time for me-Confidence Building Course:</b> <ul style="list-style-type: none"> <li>• Manage stress and anxiety positively</li> <li>• Improve personal well-being</li> <li>• Reduce fear</li> </ul> The power of positive thinking  Delivered in collaboration with Limerick and Clare ETB	Starting Wednesday 8 <sup>th</sup> November 10-12pm  6 weeks	32 Ballygrennan close, Moyross Limerick	Parents/guardians/ Individuals	Jillian Gillick  087-2671634  Jillian.gillick@respond.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



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

