

Limerick Parenting Calendar: September – December 2023

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

It is divided into the following categories:

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Under each category, the listings are subdivided according to geography and in chronological order:

- 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. It is important that you contact the identified contact 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 play an important role in sign-posting parents and carers to other services and agencies.

Some community-based Parent Baby and Toddler Groups are listed below. For a full listing of groups go to www.loveparenting.ie/baby-toddler-groups/ or contact Limerick Childcare Committee <http://www.limerickchildcare.ie> / 061-600918

Breastfeeding Supports

For a full listing of breastfeeding support groups in Limerick go to LoveParenting.ie or MyChild.ie. MyChild.ie offers direct advice from lactation consultants.

[We're Breastfeeding Friendly Limerick](#) aims to help improve the health and wellbeing of breastfeeding mothers, babies and their families through the development and promotion of breastfeeding friendly businesses, organisations and communities. Click [here](#) a full listing of locations across Limerick city and county who have signed up to the We're Breastfeeding Friendly initiative.

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Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
Antenatal Parenting Support Programmes					
Northside , Limerick City	Bump to Baby Parent Workshop Informed by Peep Antenatal Programme, This one off workshop supports parents antenatally to reflect on their developing Baby, and explores the concepts of bonding, and transition to parenthood. The workshop also provides Parents with information on how they can look after themselves as well as on local supports and services	One off workshops on: Monday 6 th November, 10.00am – 12.00pm Monday 20 th November, 10.00am – 12.00pm Monday 4 th December, 10.00am – 12.00pm	Venues across Limerick city to be confirmed	Mam’s and Dad’s expecting a baby	For referrals and confirmation of venue email: abc referrals@paulpartnership.ie
Mid-West (Limerick, Clare and North Tipperary)	Mellow Bumps Group Programme This is an antenatal 6 week programme for Mums -to -be , aimed at improving maternal wellbeing and the mother- infant relationship. Reducing stress levels and promoting positive attachment.	(For start dates contact Anne Hegarty UMHL) 6 x 2 hour sessions over 6 weeks	Limerick City Venue TBC	Mums- to -be: Expectant mothers at between 20-30 weeks gestation across the Mid-West (Limerick, Clare and North Tipperary)	Anne Hegarty, UL Maternity Hospital 061 482965 Annej.hegarty@hse.ie

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Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
Parents of 0 – 5 Years					
Limerick City					
Ballynanty Northside Limerick City	Baby Massage Programme: 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	Wednesday September 13th to October 11th, 2023 10:30am – 12:00pm 5 weeks	Northside Family Resource Centre, Clonconnane Road, Ballynanty, Limerick V94APX8.	Parents and their pre-crawlers, 0-6 months	Rosie Donelan 061-326623 rosiedonelan@northsidefrc.ie
Limerick City South	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	Thursday 14th September 10.00am 5 weeks	Venue tbc – contact referral email address in contact details for further information tbc	Parents of Babies from birth to 12 months	For referrals and confirmation of venue email: abcreferrals@paulpartnership.ie

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	parents/caregivers follow with their own baby.				
Ballinacurra Weston, South Limerick	Babbling Babies: Stay and Play Programme which focuses on bonding, attachment, speech and language development with the use of toys, rhymes and stories.	Starting 18 th of September 9:30am -10:30am On a weekly basis	West End Youth Centre, Our Lady of Lourdes CSG, Rosbrien Road, V94KX9V	For children between 0-3 and their grown-ups	Bernie Hannan 0857817038 bernie.hannan@ololcsg.ie
Ballinacurra Weston, South Limerick	Baby Massage: Parents will learn a series of strokes each week that are soothing and relaxing for the baby. Baby Massage helps establish a bond through the power of touch.	Starting 18 th of September till 23 rd of October 11 am-12:30pm Every Monday for 6 weeks	West End Youth Centre, Our Lady of Lourdes CSG, Rosbrien Road, V94KX9V	For Babies 0-6 months	Bernie Hannan 0857817038 bernie.hannan@ololcsg.ie
Limerick City	Baby Reflexology Trained instructors will teach parents how to use gentle touch reflexology on their baby. The therapeutic touch applied to certain parts of their hands and feet can have an effect on the whole child - help improve their sleep, - reduce their irritability - relieve their physical discomfort - improve baby parent bonding	Tuesday 3 rd October 10.00am – 11.00am 4 weeks	Venue tbc – contact referral email address in contact details for further information tbc	Parents of Babies from birth to 12 months	For referrals and confirmation of venue email: abcreferrals@paulpartnership.ie

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Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
Limerick City	<p>Parents Plus Early Years Programme</p> <p>Parents Plus Early Years Programme is a programme for parents of children ages 1-6. The programme provides support in the following areas:</p> <ul style="list-style-type: none"> • Help your children develop good attachments and relationships • Manage tantrums and misbehaviour • Build your children’s language and development • Reduce your own stress as parents • Help your children to concentrate and learn • Increase your children’s self-esteem • Establish positive daily routines 	<p>Thursday, October 5th</p> <p>10:30-12:30</p> <p>6 week programme</p>	Limerick Social Service Council, Upper Henry Street.	Parents of children, ages 1-6	<p>Joanne Ryan, 061-314111; joanne.ryan@lssc.ie</p> <p>or</p> <p>Aileen Harrold, 061-314111; aileen.harrold@lssc.ie</p>
Ballynanty Northside Limerick City	<p>Circles of Security Parenting Programme</p> <p>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.</p> <p>The course helps parents and carers to:</p> <ul style="list-style-type: none"> • Understand their child’s emotional world by learning to read emotional needs • Support their child’s ability to successfully manage emotions 	<p>Starting Wednesday 18th October 2023</p> <p>10:30 – 12:00pm</p> <p>10 weeks: 2.5 hours</p>	Northside Family Resource Centre, Clonconnane Road, Ballynanty, Limerick V94APX8.	Parents of children aged 4mths to 8yrs old	<p>Pat Fitzpatrick 061-326623 patfitzpatrick@northsidefrc.ie</p>

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Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
	<ul style="list-style-type: none"> • Enhance the development of their child's self esteem • Honour the innate wisdom and desire for their child to be secure 				
Limerick City	Baby Reflexology Trained instructors will teach parents how to use gentle touch reflexology on their baby. The therapeutic touch applied to certain parts of their hands and feet can have an effect on the whole child <ul style="list-style-type: none"> - help improve their sleep, - reduce their irritability - relieve their physical discomfort - improve baby parent bonding 	Thursday 16 th November 10.00am – 11.00am 4 weeks	Venue tbc – contact referral email address in contact details for further information tbc	Parents of Babies from birth to 12 months	For referrals and confirmation of venue email: abcreferrals@paulpartnership.ie
Parent Baby & Toddler Groups					
Limerick City Southside	Parent and Toddler Group Informal facilitated group where parents and children can meet to play and socialise and access additional support if needed. Emphasis is on parent and child led activities that also include stories/rhymes and songs, art and play. Offers parents the opportunity to develop networks of peer support.	Tuesdays 10-11:30 Ongoing	Southside Child and Family Centre, Galvone	Parents/Carers of Babies and Toddlers	Eithne Egan, 061-314111; Eithne.egan@lssc.ie
Limerick City	Parent and Toddler Group Informal facilitated group where parents and children can meet to play and socialise and access additional support if needed. Emphasis is on parent and child led activities that also include	Fridays 10:30-12 Ongoing	Limerick Social Service Council, Upper Henry Street.	Parents/Carers of Babies and Toddlers	Suzie O'Shea, 061-314111; suzie.oshea@lssc.ie or Imelda Heffernan, 061-314111; Imelda.heffernanc@lssc.ie

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	stories/rhymes and songs, art and play. Offers parents the opportunity to develop networks of peer support.				
Ballynanty Northside Limerick City	<p>Parent & Toddler Outdoor Group: 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!</p> <p>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 Tuesday 26th September 2023</p> <p>10:30am – 12:00pm</p>	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 rosiedonelan@northsidefrc.ie</p>
Ballynanty Northside Limerick City	<p>ASD Parent & Toddler Outdoor Group: Children with ASD or suspected ASD will have the opportunity to socialise and play in a safe and engaging outdoor area. A range of outdoor toys, ride-on cars, sand, and water play is readily available. Wet suits can be provided for children to protect clothing. Parents can socialise and discuss their week over light refreshments.</p> <p>Children do not require a referral or a diagnosis to attend this group.</p>	<p>Thursdays Afternoons</p> <p>Starting 21st September</p> <p>12-1pm.</p>	Northside Family Resource Centre, Clonconnane Road, Ballynanty, Limerick V94APX8	Parents along with their toddlers and preschooler's, 0-6 years	<p>Kelly Moynihan 061-326623 kellymoynihan@northsidefrc.ie</p>

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East Limerick					
Kilmallock East Limerick	Parent and Child Yoga: Supporting parents and children to connect and bond in a healthy way. It also offers a great way to develop strength, balance, and flexibility that supports physical and mental well-being.	Starting Tuesday 19 th September 4 weeks 10am – 11am	Kilmallock Library Aras Mainchi Seoighe, Kilmallock, Co. Limerick	Parents and children aged between 2 to 5 years.	Chris Osborne Ballyhoura Development cosborne@ballyhoura.com 0860660560
Croom East Limerick	Baby Massage is a wonderful opportunity to support parents and caregivers by helping them how to lovingly and respectfully communicate with their babies through massage	Fridays 10am to 11.30am 5 weeks Start date to be advised	Croom FRC, Croom Mills, Church Road, Toureen, Croom, Co. Limerick V35E306	Parent(s)/caregivers 1 or 2 members of each family can attend with babies, 'Birth to pre crawling' stage	Caroline 085 2568579 caroline@croomfrc.com
Parent Baby & Toddler Groups					
Hospital	Parent & Toddler Support group Facilitator Led Parent and Toddler group with art and craft, physical activity, refreshments, learning library, parenting support.	Wednesday's mornings 10 a.m. to 12 noon	Hospital FRC	Parents, grandparents, Childminders & children under 5 yrs.	Michelle 086 8888105/061 383884
Ballylanders	Parent & Toddler Support group Facilitator Led Parent and Toddler group with art and craft, physical activity, refreshments, learning library, parenting support.	Tuesday – mornings 10 a.m. to 12 noon	Parent & Toddler Group every Tuesday morning 10am to 12 noon in the Day Care Centre Ballylanders.	Parents, grandparents, Childminders & children under 5 yrs.	Michelle 086 8888105
Caherconlish	Parent & Toddler Support group Facilitator Led Parent and Toddler group with art and craft, physical activity, refreshments, learning library, parenting support.	Thursday – mornings 10 a.m. to 12 noon	Millennium Centre, Caherconlish	Parents, grandparents, Childminders & children under 5 yrs.	Phil/Michelle 086 8888105 061383884

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Kilmallock	Parent & Toddler Support group Facilitator Led Parent and Toddler group with art and craft, physical activity, refreshments, learning library, parenting support.	Friday – mornings 10 a.m. to 12 noon	Pastrol Centre, Kilmallock	Parents, grandparents, Childminders & children under 5 yrs.	Michelle 086 8888105 061383884
Croom East Limerick	A Parent and Toddler Group 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.	Tuesdays Starting 26th September 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
West Limerick					
Parent Baby & Toddler Groups					
Ballingarry	Parent and Toddler Group 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 27 th September 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
Newcastle West	Parent & Toddler mornings	September 13 th October 11 th November 8 th December 6 th 10.00am - 11.30am	Newcastle West Community Centre	Parents/Guardians and children aged 0 – 5 years	Stefanie Jaeger Liston 087 3982925 SJaeger@wlr.ie

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Online					
Nationwide	<p>Parents Plus Early Years Programme</p> <p>The programme covers:</p> <ul style="list-style-type: none"> • helping your children develop good attachments and relationships • managing tantrums and misbehaviour • building your children’s language and development • reducing your own stress as parents • helping your children to concentrate and learn • increasing your children’s self-esteem • establishing positive daily routines 	<p>Tuesday 17th October</p> <p>7.00pm – 9.00pm</p> <p>6 weeks (with 1 week break for mid term)</p>	Online	Parents of babies and children 1 – 6 years old	<p>Parentline in collaboration with Parents Plus.</p> <p>Go to https://parentline.ie/courses/ for more information</p> <p>Pay What You Can. Email courses@parentline.ie to avail of a free place.</p> <p>Bookings close two weeks before the course starts</p>

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Parents of 6 – 12 years					
East Limerick					
Hospital – East Limerick Area	Cookery class Parents and their children of primary School age. Covering topics on Cooking Skills, Healthy shopping & Budgeting and food/meal & planning skills.	TBC	Youth Reach Hospital, Main St., Hospital, Co. Limerick.	Parents of children in primary school.	Hospital – East Limerick Area
Limerick City					
Limerick City	Parents Under Pressure (PUP) Programme The PUP programme aims to improve parents/carers relationships with their child/children. Participating in PUP will allow parents/carers to have a look at their own emotional regulation and how this supports their child/children with developing their own skills. This parenting program is specifically developed for families who are facing multiple adversities including parental substance abuse, mental health problems and family conflict.	Starting Tuesday 19 th September 2023 10.00 a.m. – 12.00 p.m. 8 week programme	Limerick Social Service Council, Upper Henry Street, Limerick.	Parents of Children, 7-16 *Internal Referrals Initially See contact details for more information.	Fidelma Horgan 061-314111; fidelma.horgan@lssc.ie Clodagh Walsh 061-314111; clodagh.walsh@lssc.ie
Ballynanty Northside Limerick City	Circles of Security Parenting Programme 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:	Starting Wednesday 18th October 2023 10:30 – 12:00pm 10 weeks: 2.5 hours	Northside Family Resource Centre, Clonconnane Road, Ballynanty, Limerick V94APX8.	Parents of children aged 4mths to 8yrs old	Pat Fitzpatrick 061-326623 patfitzpatrick@northsidefrc.ie

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	<ul style="list-style-type: none"> • Understand their child’s emotional world by learning to read emotional needs • Support their child’s ability to successfully manage emotions • Enhance the development of their child's self esteem • Honour the innate wisdom and desire for their child to be secure 				
Ballynanty Northside Limerick City	<p>Parents Plus Children’s Programme: An evidence-based parenting course promoting confidence, learning and positive behaviour in children aged 6 to 12 years.</p> <p>Topics include:</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>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>	<p>Tuesday evenings Start Date TBC</p> <p>6:30pm – 9:00pm</p> <p>6 weeks: 2.5 hours</p>	<p>Northside Family Resource Centre, Clonconnane Road, Ballynanty, Limerick V94APX8.</p>	<p>Parents of children aged 6-12 years old</p>	<p>Rosie Donelan 061-326623 rosiedonelan@northsidefrc.ie</p>

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Online					
Nationwide	<p>Parents Plus Children’s Programme</p> <p>This programme covers:</p> <ul style="list-style-type: none"> • managing behaviour and emotional problems • building your children’s self-esteem and confidence • reducing your own stress as parents • problem-solving with your children • establishing positive daily routines • developing connected and close family relationships • encouraging your children’s learning and school work 	<p>Tuesday 17th October</p> <p>7.30pm – 9.30pm</p> <p>6 weeks (with 1 week break for Mid Term)</p>	Online	Parents of children aged 6 – 11 years.	<p>Parentline in collaboration with Parents Plus.</p> <p>Go to https://parentline.ie/courses/ for more information</p> <p>Pay What You Can. Email courses@parentline.ie to avail of a free place.</p> <p>Bookings close two weeks before the course starts</p>
Nationwide	<p>Parents Plus Children’s Programme</p> <p>This programme covers:</p> <ul style="list-style-type: none"> • managing behaviour and emotional problems • building your children’s self-esteem and confidence • reducing your own stress as parents • problem-solving with your children • establishing positive daily routines • developing connected and close family relationships • encouraging your children’s learning and school work 	<p>Thursday 19th October</p> <p>7.00pm – 9.00pm</p> <p>6 weeks (with 1 week break for mid term)</p>	Online	Parents of children aged 6 – 11 years.	<p>Parentline in collaboration with Parents Plus.</p> <p>Go to https://parentline.ie/courses/ for more information</p> <p>Pay What You Can. Email courses@parentline.ie to avail of a free place.</p> <p>Bookings close two weeks before the course starts</p>

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Parents of 13 – 18 years					
East Limerick					
Hospital – East Limerick Area	Strengthening Families Programme – 14-week Family Skills Programme for teenagers aged 12-16 years. - Communication - Managing Stress- Problem Solving - Limit Setting	Referrals – Ongoing. Starting January 2024 - 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
Limerick City					
Limerick City, Southside	Strengthening Families Program - 14 week Skills-based Program for Families with children/Teens to help build Positive relationships. - Increases Positive Parenting Skills and Confidence - Improves Communication, Problem Solving and Anger and Behavioural Control.	Starting Tuesday the 12 th of September 2023. 5.30pm to 7.30pm 14 ..	Our Lady of Lourdes Community Centre Limerick	Parents of Children 12-16 years.	immy Prior 085 125 0790 Jane Alymer 086 785 7667.
Limerick City	Parents Under Pressure (PUP) Programme The PUP programme aims to improve parents/carers relationships with their child/children. Participating in PUP will allow parents/carers to have a look at their own emotional regulation and how this supports their child/children with developing their own skills. This parenting program is specifically developed for families who are facing multiple adversities including parental substance abuse, mental health problems and family conflict.	Starting Tuesday 19 th September 2023 10.00 am. – 12.00 pm 8 week programme	Limerick Social Service Council, Upper Henry Street, Limerick.	Parents of Children, 7-16 *Internal Referrals Initially See contact details for more information.	Fidelma Horgan 061-314111; fidelma.horgan@lssc.ie Clodagh Walsh 061-314111; clodagh.walsh@lssc.ie

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West Limerick					
Newcastle West	Parents Plus Adolescents Programme <ul style="list-style-type: none"> • Adolescents Programme • managing and resolving conflict • building your teenager's self-esteem and confidence • creating warm connected relationships • positive discipline • negotiating rules and boundaries • solving problems together • communicating positively and effectively reducing your own stress as parents	Tuesday 10 th October 10am - 12pm 6 weeks (with 1 week break for Halloween mid term)	Desmond College Newcastlewest, Co Limerick	Parents of children 11-16 years	Evelyn Meenaghan 061-314111; Evelyn.meenaghan@lssc.ie
Online					
Nationwide	Parents Plus Adolescents Programme <ul style="list-style-type: none"> • managing and resolving conflict • building your teenager's self-esteem and confidence • creating warm connected relationships • positive discipline • negotiating rules and boundaries • solving problems together • communicating positively and effectively • reducing your own stress as parents 	Thursday 19 th October 7.00pm – 9.00pm 6 weeks (with 1 week break for mid term)	Online	Parents of children 11-16 years	Parentline in collaboration with Parents Plus. Go to https://parentline.ie/courses/ for more information Pay What You Can. Email courses@parentline.ie to avail of a free place. Bookings close two weeks before the course starts

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Topic-based Parenting Programmes					
Limerick City					
Limerick City	City Slickers Programme The City Slickers Programme engages 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	Tuesday, October 3 rd 11:00-1:00 10 week programme	Limerick Social Service Centre, Upper Henry Street.	Young parents aged 14- 25 years of age	Joanne Ryan, 061-314111; joanne.ryan@lssc.ie or Aileen Harrold, 061-314111; aileen.harrold@lssc.ie
East Limerick					
Hospital – East Limerick Area.	Empowering Parents Programme This programme supports parents in learning new ways of thinking about their child’s experience of disability – Give parents information on rights of their child and how to achieve them – support parents to communicate with their child’s school and HSE.	TBC	Hospital FRC, Knockainey Rd., Hospital, Co. Limerick.	Parent/Guardians of children with special needs	Hospital FRC - Martha Potter 087 2813341
West Limerick					
Abbeyfeale West Limerick	Introduction to Personal Development for Parents (SHEP) Topics explored will depend on the interests of the group but are likely to include the following: <ul style="list-style-type: none"> Listening & Communicating 	Thursdays 10am to 12.30pm 21st Sept to 16th Nov (excl. 2nd Nov)	The Glorach, Abbeyfeale	Parents of children 0 – 15 years	Adrienne 0872773294 aconnor@wlr.ie Mary 0879382883 moconnor@wlr.ie

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Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
	<ul style="list-style-type: none"> • Managing Stress • Being Assertive • Handling Feelings • Handling Criticism/Praise • Dealing with Conflict • Building Self Confidence • Making Good Decisions • Setting Goals 				
Online					
Nationwide	<p>Healthy Families</p> <p>The aim of the Healthy Families Course is to promote family well-being and to enable families to make healthier lifestyle choices. Delivered over eight weeks, this course is suitable for parents of babies and young children from 0 to 12 years old and covers topics such as:</p> <ul style="list-style-type: none"> • Creating Healthy Family Habits • Positive Family Relationships • Healthy Food Routines • Healthy Mealtimes • Active Play and Physical Activity • Managing Screens and Technology • Ensuring Restful Sleep Routines • Looking After Your Children’s Emotional Well-being. 	<p>Wednesday 11th October</p> <p>7.00pm – 9.00pm</p> <p>8 weeks (with break on 1st November for Mid Term)</p>	Online	Parents of babies and children 0 – 12 years	<p>Parentline in collaboration with Parents Plus.</p> <p>Go to https://parentline.ie/courses/ for more information.</p> <p>Pay What You Can. Email courses@parentline.ie to avail of a free place.</p> <p>Bookings close two weeks before the course starts</p>
Mid West Region	<p>Parenting When Separated Programme</p> <p>In the group you will learn how to:</p> <ul style="list-style-type: none"> • Solve co-parenting problems in a positive way which focuses on needs of the children 	<p>Week of the 16th/23rd October</p>	Online	Separated Parents of children aged newborn-18	<p>Pat Fitzpatrick 061326623</p> <p>pws@northsidefrc.ie</p>

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	<ul style="list-style-type: none"> • Create practical arrangements for children that minimise stress and conflict • Improve communication with children and with other parent • Cope with the emotional impact of separation and learn stress management techniques • Help children cope emotionally with the separation • Deal with the challenges of lone parenting or being a 'live away' parent 	<p>7 weeks 2 ½ hrs per session</p> <p>Morning/evening option</p>			
Nationwide	<p>Parenting When Separated</p> <p>This course is suitable for This course covers ideas such as:</p> <ul style="list-style-type: none"> • solving co-parenting problems in a positive way which focuses on the needs of your children • creating practical arrangements for your children that minimises stress and conflict • improving communication with your children and with your children's other parent • coping with the emotional impact of separation and learning stress management techniques • helping your children cope emotionally with the separation • dealing with the challenges of lone parenting or being a non-residential parent 	<p>Monday 6th November</p> <p>9.30am – 11.30am</p> <p>6 weeks</p>	Online	Parents who are preparing for, going through or have gone through a separation or divorce.	<p>Parentline in collaboration with Parents Plus.</p> <p>Go to https://parentline.ie/courses/ for more information.</p> <p>Pay What You Can. Email courses@parentline.ie to avail of a free place.</p> <p>Bookings close two weeks before the course starts</p>

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Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
Other Parenting Supports and Workshops					
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East Limerick					
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 12 th September 6pm to 7pm 6 weeks.	Hospital FRC, Knockainey Rd., Hospital, Co. Limerick.	Parents and their children of primary school age.	Hospital FRC - Martha Potter 087 2813341
East Limerick Area	SHEP – Connecting From the Heart: Topics Covered – group building, building trust, safety and hopes within the community, connecting through shared experiences.	Starting Tuesday 26 th of September 8 weeks. 10am to 12.30 pm	Hospital Family Resource Centre, Knockainey Rd., Hospital, Co. Limerick.	Parents and individuals	Hospital FRC – Martha Potter 087 2813341
Croom East Limerick	SHEP Caring for your wellbeing Giving participants the opportunity to explore the idea of wellbeing. Identify what supports their wellbeing and what undermines it. Identify what helps to de-stress. Take responsibility for their wellbeing and make a plan. Enjoy time to care for themselves.	Beginning Friday 29 th September, 10am to 12.30pm 8 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

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Croom East Limerick	Healthy Food Made Easy 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.	Starting Monday 6 th November 10.00am – 12.30pm 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
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 Tuesday of the Month at 10.30 p.m.	Hospital FRC, Knockainey Rd., Hospital, Co. Limerick.	Parents of children with special needs.	Hospital FRC – Mary McGrath 061 383884.
Hospital – East Limerick Area	Counselling support for: Anxiety, stress, bereavement, abuse, relationship breakdown etc.	Referrals – Ongoing	Hospital FRC, Knockainey Rd., Hospital, Co. Limerick.	Families, couples, adults and teenagers.	Hospital FRC – AnneMarie or Mary @ 061 383884.
Hospital - East Limerick Area	Food Supports – Monthly Food Bank – Prepacked parcels of non perishable food products for collection. Period Poverty – products available at monthly food bank	Second Thursday of every month 10am to 1pm	Hospital Family Resource Centre, Knockainey Rd., Hospital Co. Limerick.	Families and individuals	Mary or AnneMarie 061383884
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

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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).
Limerick City					
Limerick City North	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 12 th September 10.00 am	Venue tbc	Parents of Babies 0-6 Months	For referrals and confirmation of venue email: abcreferrals@paulpartnership.ie
Limerick City - Southside	Parent Support Group for Parents of Children with Additional Needs. This is a group for Parents, Carers, and family members that have a child with additional needs. Group will include guest speakers and social activities for parents	Starting Thursday 21 st of September 2023 10am to 12pm Meeting ONCE a month	Our Lady Queen of Peace School. Janesboro, Limerick	Parents of Children with Additional Needs (Any Age).	Michelle Tynan 086 7857663. Sue Lynch 086 4555646
Limerick City	International Women’s Group Aims to bring together women living in Limerick from different parts of the world. - Coffee, chats and discussions -mindfulness and meditations -Healthy eating cooking events -Dance, song and fun	Wednesday September 27 th 11am – 1pm	Limerick Social Service Centre, and various city venues to be advised in advance	Women only event	Evelyn Meenaghan 061-314111; Evelyn.meenaghan@lssc.ie

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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.	Thursday 19 th October 10.00 – 11.30am	Venue tbc – contact referral email address in contact details for further information	Parents of Babies 0-6 Months	For referrals and confirmation of venue email: abcreferrals@paulpartnership.ie
Limerick City South	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.	Monday 13th November 10.00 – 11.30am	Venue tbc – contact referral email address in contact details for further information	Parents of Babies 0-6 Months	For referrals and confirmation of venue email: abcreferrals@paulpartnership.ie
Limerick City South	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 13th December 10.00 – 11.30am	Venue tbc – contact referral email address in contact details for further information tbc	Parents of Babies 0-6 Months	For referrals and confirmation of venue email: abcreferrals@paulpartnership.ie
West Limerick					
Abbeyfeale Askeaton Newcastle West Rathkeale	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	Monday to Friday 9 am – 3pm	Community Hubs in Newcastle West, Rathkeale, Askeaton, Abbeyfeale	Parents and children 0 – 12 years	West Limerick Resources, St. Mary's Street, Newcastle West, Co. Limerick Stefanie Jaeger Liston 087 3982925 SJaeger@wlr.ie

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	- Free Counselling Service - Signposting and referral to other services		Support available in person, by phone, email, and various online platforms.		Mary O'Connor 087 9382883 moconnor@wlr.ie
Online					
Online	Understanding School Based anxiety	Thursday 28 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. Please leave a message and your call will be returned. 0874607429-Emily 0872231457-Dimitrios
Online	The Power of supporting your child's cognitive, emotional and social development through play.	Tuesday 17 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. Please leave a message and your call will be returned. 0876776096-Miranda 0879734925-Elisha
Online	You, Your Teen and Big Emotions	Thursday 16 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. Please leave a message and your call will be returned. 0876776096-Miranda 0879734925-Elisha
Online	Supporting you child's self-esteem throughout their lifetime	Thursday 7 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. Please leave a message and your call will be returned. 0874607429-Emily 0872231457-Dimitrios

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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

