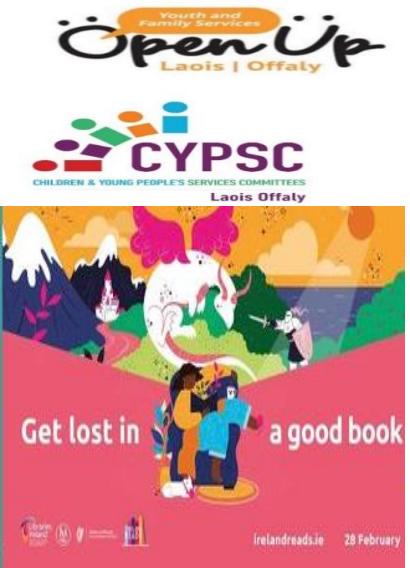




LW CYPSC Child, Youth & Family Events Padlet: The [LW CYPSC Events padlet](#) is now live. This Longford Westmeath local events calendar contains information regarding child, youth and parenting supports and events as well as online programmes and supports available for families.

If you have a child/youth or parenting support programme or event coming up please forward details of same to cypsclw@tusla.ie. Please submit your information as early as possible to ensure inclusion ahead of your event date. The events Padlet will be updated regularly, so keep an eye out for new events added each week.



Laois & Offaly Child & Youth Services website: Laois Offaly CYPSC [Open Up website](#) is a signposting website to child, youth and family services in Laois and Offaly.

This website can be used to share information across all the services that support children, young people and their families across the counties of Laois and Offaly. Programmes and events are updated regularly so check back regularly to see what is happening in your area.

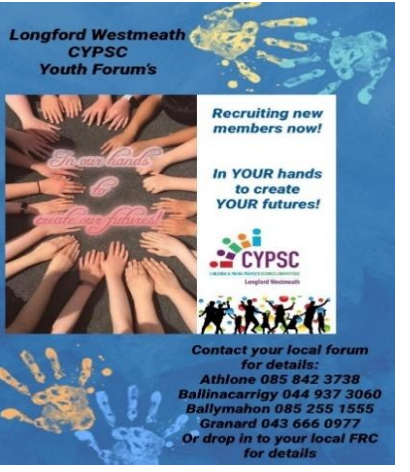
Ireland Reads: Ireland Reads takes place on Saturday 28th February. Ireland Reads is a National Day to celebrate reading. One minute, ten minutes, an hour, or more – it doesn't matter how long you read for or what you read! Why? Because taking some time for yourself to relax and do the things you enjoy (like reading) is important to help look after your mental wellbeing. Ireland Reads is an initiative of the government of Ireland, funded by Healthy Ireland and supported by public libraries, and many organisations that promote literacy and the arts. Check in with your local Library (Links below) to celebrate the day and check out www.irelandreads.ie and for more info on getting lost in a good book on February 28th!

[Longford Library](#) [Westmeath Library](#) [Laois Library](#) [Offaly Library](#)



Supporting Parents: Parenting is rewarding and challenging. Supporting Parents is a national model for parenting support services, which takes a whole-of-government approach to improving supports for parenting.

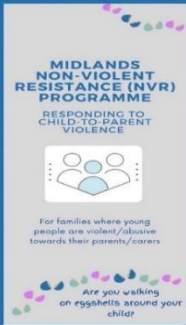
The Supporting Parents webpage brings together trusted, high quality resources in one place, to help parents navigate their parenting journey. Whatever age your child is and no matter how experienced you are, all parents will benefit from a little support and advice. The [Supporting Parents webpage](#) is continuously updated as new resources become available locally and nationally.



Longford Westmeath CYPSC Youth Forums – Seeking New Members: Longford Westmeath CYPSC Youth Forums are currently recruiting new members. The CYPSC Youth Forums provide an opportunity for the inclusion of Children and Young People in the planning, development and implementation of the LW CYPSC children and young people's plan. This includes input into the planning and development of CYPSC youth actions and projects in Longford and Westmeath. If you are aged 6 – 24 years and would like to join one of the LW CYPSC Youth Forums please contact your local forum or drop into your local Family Resource Centre for further details.

Longford: Ballymahon: 085 255 1555 Granard: 043 666 0977
Westmeath: Athlone: 085 842 3738 Ballinacarrigy: 044 937 3060

ARE YOU WALKING ON EGGHELLS AROUND YOUR CHILD?



TUSLA CYPSC

Midlands Non-Violent Resistance (NVR) Programme: Are you walking on eggshells around your child? NVR is a non-judgemental programme that helps re-build confidence in parents / carers. The [NVR programme](#) is for parents or carers who are experiencing child to parent violence, intimidation, emotional abuse or controlling behaviour.

NVR helps to empower parents/carers to take positive action to end the violent and controlling behaviour experienced by learning new ways to deal with certain patterns of behaviour and repair the damaged relationship between the parent and the child.

The NVR programme will be delivered across Longford, Westmeath, Laois and Offaly throughout 2026. Keep an eye on the [LW CYPSC Events Padlet](#) and the [LO CYPSC Open Up website](#) for upcoming programme dates. Details of programmes will also be shared on our social media platforms.

If you would like further information regarding the NVR programme [CLICK HERE](#)

Start from the Heart Parent Support Groups: Start from the Heart is an excellent parenting support which explores how stress, relationships & early experiences can affect parents on their parenting journey and shares many ideas that can help build self esteem, self awareness & enhance wellbeing.

The Start from the Heart programme focuses on attachment, rupture and repair, the development of the brain and different responses from different parts of the brain, as well as co regulation towards self-regulation and overall development of positive family relationships. The delivery of Start from the Heart is supported in the midlands area by both LW and LO CYPSC. Details of upcoming groups across Longford, Westmeath, Laois and Offaly, will be uploaded to the [LW CYPSC Events Padlet](#) and the [LO CYPSC Open Up website](#) as well as on our social media platforms.



Launch of HSE and Togetherall online mental health peer-to-peer platform:The HSE has announced a new expanded partnership with Togetherall to provide free, online, peer-to-peer mental health support for young people aged 16 to 30 across Ireland. Launched by Minister for Mental Health, Mary Butler, TD, the initiative builds on the proven success of Togetherall's work with third-level students in Ireland, which is supported by the HSE. It aims to widen access to mental health support for young people who may not otherwise engage with traditional services. **For more information and to register** for the Togetherall platform (ages 16 to 30), [CLICK HERE](#)



Seachtain na Gaeilge: Seachtain na Gaeilge is an international Irish language festival, which is the largest annual celebration of our native language and culture that takes place in Ireland and across many other countries. This year's festival runs from 1st – 17th March and will be a mixture of online and in person events.

Games are a fun and enjoyable way to stimulate interest in the Irish language amongst children and young people.

Here are a few games that you can download and play! <https://snag.ie/en/games/>

For full details on Seachtain na gaeilge visit <https://snag.ie/>

