



South Dublin  
County Partnership  
Páirtíocht Chontae  
Átha Cliath Theas

Are you a Lone Parent in Clondalkin/Tallaght?

Find out about a range of **FREE** supports  
offered by South Dublin County Partnership:

## Support from our Health & Wellbeing team



### Online

Get you mind and body fit through **Mindfulness** and **Dance** classes. Contact the Clondalkin Health House Coordinator on 0872131854



### Individual face to face support

We now offer a community based, face to face **Counselling** service. Contact CatherineMooney on 0872470464



### Group work in the community

**Living Well with Chronic Conditions** programme – a self management programme for people with long term health conditions.  
**We Can Quit**, smoking cessation program- women supporting women to stop smoking. Contact Catherine Heaney 0867907778



## Supports from our Children & Families team



### Online

Want to learn some parenting tips? Contact Joy on 0879808856 to find out more about our new online 4 the Family programme



### Individual face to face support

Find out about our **family support services** and children and family activities in the Balgaddy Child & Family Centre. Contact Trish on 014577104 or find out more or check out the Facebook Page



### Group work in the community

Learn how to create computer games in our new **Coding & Us** programme for children and parents! Contact Amy on 0877185980 to find out more. Find all about our award winning kickboxing/youth programme **KICK** for teenagers and adults on [www.kickireland.ie](http://www.kickireland.ie)



## Support from our Enterprise & Employment team



Lone Parents can avail of Local Employment Services (LES) **one to one guidance supports** as well as potentially accessing a **€500 training allowance** per person per year under Local Employment Services mediation funding for further training to enhance the job prospects.



Our enterprise and employment team can provide Information on **employment or self employment options locally** including

- » part-time and full-time job opportunities
- » part-time work placements in your local community with training supports on TUS and CE



We offer a range of job preparation supports including: employment training, CV preparation and interview skills

Contact Celine Blount at 014508748 [celine.blount@sdcpartnership.ie](mailto:celine.blount@sdcpartnership.ie) for further information