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| **What**  | **When** | **Where** | **About** | **Places available** |
| **Triple P Group**(8 sessions) | **Monday morning**10am to 12pm 28th Sept-16th Nov | Tracy FoxSt Helena’s FRCSt Helena’s RoadFinglas | This is an 8 week programme for parents/caregivers of children aged 2-10 years who have concerns about their child’s behaviour.  | 6 per groupAlso limited crèche places available  |
| **Family Support Drop in Service weekly service** | **Monday morning**10am to 12pm5th October - Ongoing | St Helena’s FRCSt Helena’s RoadFinglas | We Provide:•A Safe and Confidential Space•Support & Signposting•Information and Guidance•Links to other services and organisations | **No walk ins during COVID**Places must be booked in advance. 4 slots each week |
| **Triple P Fearless Group** - (3 sessions) | **Tuesday morning**10am to 12.30pm 15th Sept-29th Sept  | Debbie KeoghSt Helena’s FRCSt Helena’s Road | For parents/caregivers (of children aged 6 to 14) to learn how to teach their children to manage anxiety effectively | 5 per groupAlso limited crèche places available |
| **Triple P Teen Group**(8 sessions) | **Tuesday morning**10am to 12pm 6th Oct-24th Nov  | Debbie KeoghSt Helena’s FRCSt Helena’s Road | This is an 8 week programme for parents/caregivers of teenagers aged 11 – 15 years.  | 6 per groupAlso limited crèche places available |
| **Post Natal Support Group** | **Tuesday morning**10am to 12pm 29th Sept-17th Nov  | St Helena’s FRCSt Helena’s RoadFinglas | This group is for mothers who may be experiencing some distress or finding it difficult to cope since the birth of their baby**Places will be allocated by the Rotunda Maternity Hospital, call 018175241** | 5 per groupAlso limited crèche places available |
| **Circle of Security** | **Wednesday morning**10am-12pm30th Sept -18th November | Siobhan Mc GowanSt Helena’s FRCSt Helena’s RoadFinglas | Understanding your child’s emotions by learning to read their emotional needs.Supporting your child’s ability to successfully manage their emotions.Enhance the development of your child’s self-esteem. | 7 per groupAlso limited crèche places available |
| **Triple P Stepping Stones** | **Thursday morning** 10am-12.30pm17th Sept -19th Nov | Debbie KeoghSt Helena’s FRCSt Helena’s RoadFinglas | Suitable for parents/caregivers of children with a developmental disability (e.g. autism spectrum disorder, elevated levels of disruptive behaviour) to prevent or change problem behaviours. | 6 per groupAlso limited crèche places available |
| **Baby Massage** | **Thursday morning** 10am-12pm24th Sept -22nd Oct | Tracy FoxSt Helena’s FRCSt Helena’s Road  | Baby Massage x 5 weeks | 4 per group |
| **Enjoy your Bump** | **At your own convenience** | Online | Promoting wellbeing for mums in waiting, new mums and their partners. | Contact office for details |
| **Enjoy your Baby-For new Mums with a baby under 1** | **At your own convenience** | Online | Learn how to cope when feeling low.Make positive changes in your life so you can start to enjoy parenthood.Learn skills that help you deal with challenges in everyday life | Contact office for details |

**If you would like to book a place on one of the above courses or would like more information, please contact Better Finglas Phone** 01 8642941 **Email:** abcfinglas@barnardos.ie

 **NVR – Non-Violence Resistance**

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| **What**  | **when** | **where** | **About**  |
| **NVR – Non Violence Resistance** | **Wednesday morning**10am-12.30pm16th Sept -4th November | Debbie KeoghSt Helena’s FRCSt Helena’s RoadFinglas | The course is for parents experiencing child to parent violence in their home.NVR is designed to support parents to respond to child to parent aggression, violence, destructive or controlling behavior.*The course will run for 8 weeks* |

If you are interested in Non Violence Resistance course, please contact Debbie Keogh

**Phone**:  01 88 00500 **Email:** debbie.keogh@tusla.ie

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| **What**  | **When**  | **Where**  | **About**  |
| **Mindfulness for Parents** | **Thursday morning** 11am-12pm24th Sept (5 sessions) | Online Via Zoom, Stephanie Maher | Mindfulness for Parents is a parenting course that aims to bring mindful presence and attention to our interactions with our childrenResponding to both yourself and your children with awareness, compassion & kindness Relaxing the body and mind using guided meditations. |

**Mindfulness for Parents**

**If you are interested in attending please contact The Finglas West Family Resource Centre: Rhian McEvoy: 0867966255 or finglaswestfrc@barnardos.ie**