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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 Fox  St Helena’s FRC  St Helena’s Road  Finglas | 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 group  Also limited crèche places available |
| **Family Support Drop in Service weekly service** | **Monday morning**  10am to 12pm  5th October - Ongoing | St Helena’s FRC  St Helena’s Road  Finglas | 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 Keogh  St Helena’s FRC  St 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 group  Also limited crèche places available |
| **Triple P Teen Group**  (8 sessions) | **Tuesday morning**  10am to 12pm  6th Oct-24th Nov | Debbie Keogh  St Helena’s FRC  St Helena’s Road | This is an 8 week programme for parents/caregivers of teenagers aged 11 – 15 years. | 6 per group  Also limited crèche places available |
| **Post Natal Support Group** | **Tuesday morning**  10am to 12pm  29th Sept-17th Nov | St Helena’s FRC  St Helena’s Road  Finglas | 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 group  Also limited crèche places available |
| **Circle of Security** | **Wednesday morning**  10am-12pm  30th Sept -18th November | Siobhan Mc Gowan  St Helena’s FRC  St Helena’s Road  Finglas | 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 group  Also limited crèche places available |
| **Triple P Stepping Stones** | **Thursday morning**  10am-12.30pm  17th Sept -19th Nov | Debbie Keogh  St Helena’s FRC  St Helena’s Road  Finglas | 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 group  Also limited crèche places available |
| **Baby Massage** | **Thursday morning**  10am-12pm  24th Sept -22nd Oct | Tracy Fox  St Helena’s FRC  St 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](mailto:abcfinglas@barnardos.ie)

 **NVR – Non-Violence Resistance**

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| **What** | **when** | **where** | **About** |
| **NVR – Non Violence Resistance** | **Wednesday morning**  10am-12.30pm  16th Sept -4th November | Debbie Keogh  St Helena’s FRC  St Helena’s Road  Finglas | 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](mailto:debbie.keogh@tusla.ie)

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| **What** | **When** | **Where** | **About** |
| **Mindfulness for Parents** | **Thursday morning**  11am-12pm  24th 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 children  Responding 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**