

Calendar April - June



Pregnancy and New Parents



Ante Natal Workshop

Mondays April 8th 2:30pm-4pm
St. Helena's Resource Centre 5 week group

BREASTFEEDING SUPPORT GROUP

Mondays 11 AM Wellmount Health Centre Drop In group

PREGNANCY YOGA

Wednesdays March 13th
6pm-7pm St. Helena's Resource Centre 6 week group

BABY MASSAGE

5 week programme
Various Dates and Locations

POST NATAL DEPRESSION GROUP

Wednesday Mornings from April 23rd-June 18th Helena's Resource Centre
please call Rotunda on 01-8172541 to book your place

Early Years



Baby Stay And Play

0-1 year (non walkers)
Fridays 10am St. Helena's Resource Centre
Drop-in group

TODDLER STAY & PLAY

1-3 years
Fridays 10 am rear of St Oliver Plunkett's National School
Drop-in group

TODDLER STAY & PLAY

1-3 years
Monday 10am St. Helena's Resource Centre
Registration Required

Library Toddler Book Club

Tuesday or Thursday morning from 10am Finglas Library
Registration Required

Parenting Supports



Parent's Plus Early Years

4 Week Programme
Wednesday Evenings
7pm-9pm from April 10th
St. Helena's Resource Centre

Parent's Plus ADHD

9 week Programme
9.30am Mother Of Divine School from April 16th

Parent's Plus Early Years and ADHD Programmes

Various Dates and Locations TBC

register through the QR code to be added to the waiting list for groups

Parenting Supports



MINDFULNESS FOR PARENTS

Wednesdays 10 am
St Helena's Resource Centre
Drop-in group

Circle Of Security

Wednesdays 10am-11.30am
5 Week Programme
St Helena's Resource Centre

Circle Of Security

Tuesday 9.30am-11am
5 Week Programme
St. Catherine's School Cabra

TRIPLE P FEAR-LESS GROUP (focusing of anxiety)

St. Helena's Resource Centre
June (date to be confirmed)

Additional Needs Workshops



Occupational Therapy Games and Activities

Monday 15th April 9.30am
Finglas West Family Resource Centre D11NHF4

Finglas Counselling Service Peer Support Session

Monday 22th April 9.30am
Finglas West Family Resource Centre D11NHF4

Occupational Therapy Transition to Secondary School

Monday 29th April 9.30am
Finglas West Family Resource Centre D11NHF4

Occupational Therapy Daily Living Skills

Monday 13th May 9.30am
Finglas West Family Resource Centre D11NHF4

Additional Needs Workshops



Speech and Language Therapy (parents of pre-school child)

Monday 20th May 9.30am
Finglas West Family Resource Centre D11NHF4

Occupational Therapy Transition to Primary School

Monday 27th May 9.30am
Finglas West Family Resource Centre D11NHF4

Speech and Language Therapy (parents of school aged child)

Monday 10th June 9.30am
Finglas West Family Resource Centre D11NHF4

Occupational Therapy Sensory Processing

Monday 17th June 9.30am
Finglas West Family Resource Centre D11NHF4



Sláintecare.
Healthy Communities



REGISTER HERE

Ask your home school liaison teacher about what's available in your child's school

All programmes dates and times are subject to change