

# Free Supports for Parents in County Carlow

Autumn 2014

## Parenting Programmes

### Family Communications & Self Esteem Course (9-17 years)

Date	Venue	Time	Duration
Thurs 25 <sup>th</sup> Sept – Thurs 20 <sup>th</sup> Nov (With a mid term break)	To be confirmed	7.00pm – 9.30pm	8 weeks



For further information or to book a place please email [Teresa.Hennessy@hse.ie](mailto:Teresa.Hennessy@hse.ie)  
or text your name to **087 – 9693297**



### Parents Plus (1-6 years)

Date	Venue	Time	Duration
Tues 9 <sup>th</sup> September – Tues 14 <sup>th</sup> Oct 2014	Family Resource Centre, Forward Steps, Tullow	10.15am-12.15pm	6 weeks



For further information or to book a place please contact  
Helen Casey 087-2330320 or Jen Dawson 059-9152776



### Parents Plus Children's Programme for parents of children aged 6-12 years

Date	Venue	Time	Duration
Wed 8 <sup>th</sup> October – Wed 26 <sup>th</sup> Nov 2014	Barnardos 24 Askea Lawns Carlow	10.00am-12.30pm	7 weeks



For further information or to book a place please contact Sarah Gibson,  
Barnardos on 059 9132868 or email: [info@carlow.barnardos.ie](mailto:info@carlow.barnardos.ie)



# Parenting Workshops

## Primary Care Workshops and Courses for Parents and Children

Title	Details	Date	Venue
Enhancing Behaviour	Parenting	November 6th & November 20th	Kilkenny
		25 <sup>th</sup> September & 9 <sup>th</sup> October	Carlow
Ready Steady Relax	Anxiety Management	18 <sup>th</sup> September	Kilkenny
		20 <sup>th</sup> November	Carlow
Seeing Red	Managing Anger	4 <sup>th</sup> September	Kilkenny
		11th December	Carlow
Relative foster carer training (SW Dept) – 1 Session	Support for Carers of children in care	23 <sup>rd</sup> September	Carlow/Kilkenny
General foster carer training (SW Dept) – 1 Session	Support for Carers of children in care	11 <sup>th</sup> November	Carlow/Kilkenny
Foster Carer Workshop – 3 sessions	Support for Carers of children in care	16 <sup>th</sup> , 23 <sup>rd</sup> and 30 <sup>th</sup> October	Carlow/Kilkenny
Getting through to teens	Support in parenting teenagers	2 <sup>nd</sup> October	Carlow/Kilkenny (Carlow)
Connect through Play	Play Skills	23 <sup>rd</sup> October	Carlow/Kilkenny (Kilkenny)
Parenting When Separated	Parenting	8th October – 12th November	Carlow/Kilkenny (Carlow)
Mindfulness Group - Children	Mindfulness in Children	Nov/ Dec - To be confirmed	Carlow/Kilkenny



*The above dates are approximate and may change, please contact Psychology Secretary Marie Murphy [marie.murphy2@hse.ie](mailto:marie.murphy2@hse.ie) Tel: 0567784736 for dates and venues*

