



St Gabriel's Children's Services

Mid-West Children's Disability Network Team

Treehouse Early Intervention Services
Treehouse School Age Services

St Gabriel's Centre, Springfield Drive,
Dooradoyle, Limerick

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Workshops and Parent(s)/Guardian(s) Programmes Calendar

Winter Term 2021

*Welcome to the winter term of workshops and groups being run by St. Gabriel's Children's Services. If you have been recommended to attend one or some of the courses outlined below, please book a place / places **by phoning the centre on 061-302733 Monday to Thursday between 9 am and 1.30 pm; ask for Susan O'Dwyer or Christine Dillon and they will take your booking.***

Additional courses will be advertised here as they are launched. If you cannot see your recommended course at this stage another calendar will be out in the Spring.

*Note: Due to Covid restrictions and high demand, there are limited places available on most of the courses. Some courses are in person only to comply with the programme restrictions. **BOOKING IS ESSENTIAL.***

Please let us know if you subsequently cannot attend so your place can be offered to another parent.

*All courses are offered to parents / caregivers of children attending St. Gabriel's Children's services **ONLY.***

List of the courses and workshops being run – Winter Term 2021



- Hanen 'More than Words'
 - Understanding Autism.
- Using visuals; when, why and how to start.
 - Early Communication Skills.
 - Social Stories. Where to start?
 - Let's Play!
 - Fussy Eaters!
- Executive Functioning Skills for Primary School Aged Children.
- Anxiety Management for Teenagers with a diagnosis of ASD.
 - Aqua Fun, Fitness and Function Pool Group.
 - Cycle Workshop.
 - 'Fit for All' Inclusive Physical Activity Group.
 - 'Shooting Stars' Ball Skills Group.
- Understanding your child's emotions and behaviours.
- 'Poo goes home to Pooland' – toileting programme.
 - Navigating Puberty.
 - Circle of Security.
 - Incredible Years.



Workshop Details	Dates	Times	Venue	Participants	Status
<p>Hanen 'More Than Words' The More Than Words Program was designed specifically for parents of children with social communication difficulties or on the autism spectrum. Addressing the unique needs of these children, the program provides parents with the tools, strategies and support they need to help their children reach their full communication potential. The programme covers strategies for children that are non-verbal; first word users up to early sentence users. (Please note the Hanen 'Talkability' programme focuses on strategies for children at conversation level.)</p>	8 sessions run weekly Start Date: Friday 8 th October 2021	9.45 am - 11.30 am	St. Gabriel's Centre, Dooradoyle, Limerick.	<p>These sessions will be held in line with current Covid precautions and kept under two hours.</p> <p>They are for parent/ caregivers only – children DO NOT attend.</p>	<p>Course Full</p> <p>Will be run again in Spring Term</p>
<p>Hanen 'More Than Words' (As Above)</p>	8 sessions run weekly Start Date: Monday 11 th October 2021	9.45 am - 11.30 am	St. Gabriel's Centre, Dooradoyle, Limerick.	<p>These sessions will be held in line with current Covid precautions and kept under two hours.</p> <p>They are for parent/ caregivers only – children DO NOT attend.</p>	<p>Course Full</p> <p>Will be run again in Spring Term</p>
<p>Understanding Autism/Autism Spectrum Disorder (ASD) This bespoke programme is designed to provide evidence-based information on ASD and to provide a number of strategies for addressing the many issues and challenges that face children with ASD and their families. The programme aims to address the overall development of children with a diagnosis of ASD. Together we will cover a range of topics including how to...</p> <ul style="list-style-type: none"> • encourage communication and interaction • promote independence and participation life skills • manage and support behaviour • support and develop socialisation • provide strategies to address sensory and motor difficulties <p>The purpose of this programme is to help build on children's existing strengths and to help prevent problems by increasing parent's knowledge on how to help their children cope with the everyday challenges of living with ASD. The programme also encourages partnership with other parents, collaborative goal setting and problem solving.</p>	Thursday Mornings 6 sessions run weekly Start Date: 21 st October 2021	10 am - 12 noon	Zoom (link will be sent following booking).	<p>Course Full</p> <p>Will be run again in Spring Term</p>	

<p>Understanding Autism/Autism Spectrum Disorder (ASD) (As above)</p>	<p>Wednesday Mornings 6 Sessions run weekly Start date: 6th October 2021</p>	<p>10 am -12 noon</p>	<p>St. Gabriel's Centre, Dooradoyle, Limerick.</p>		<p>Course Full Will be run again in Spring Term</p>
<p>Understanding Autism/Autism Spectrum Disorder (ASD) (As above)</p>	<p>Thursday Evenings 6 Sessions run weekly Start date: 7th October 2021</p>	<p>7 pm - 9 pm</p>	<p>St. Gabriel's Centre, Dooradoyle, Limerick.</p>		<p>Course Full Will be run again in Spring Term</p>
<p>Using visuals: Why, when and how to start! This workshop outlines why using visuals is so important even when children are verbal and understand language! It goes on to outline what types of visuals are useful in different situations and outline some tricks in introducing visuals successfully. Visuals help children in many ways including:</p> <ul style="list-style-type: none"> • Reducing anxiety around transitions/changes in routine • developing independence during daily routines • Developing key social skills (e.g. turn taking) 	<p>Wednesday 3rd November 2021</p>	<p>8.30 am - 9.30 pm evening course</p>	<p>Zoom (link will be sent following booking).</p>	<p>These sessions will be held on the Zoom platform. You will be sent a link and can log on easily by clicking the link.</p>	<p>Places Available Please register interest</p>
<p>Early Communication Skills – some tips and tricks to develop interaction This workshop is an introduction to some techniques in developing early communication skills in children. We talk about <i>Communicative Temptations</i>; the power of <i>offering choices and KISS</i> (keep it short and simple).</p>	<p>Wednesday 10th November 2021</p>	<p>8.30 pm - 9.30 pm evening course</p>	<p>Zoom (link will be sent following booking).</p>	<p>These sessions will be held on the Zoom platform. You will be sent a link and can log on easily by clicking the link.</p>	<p>Places Available Please register interest</p>
<p>Social Stories. Where to start? Social Stories are a powerful tool in helping children learn:</p> <ul style="list-style-type: none"> - what to expect in new situations (like starting school or having a change of teacher) - how to behave in different situations (like how to line up for break time or how we behave going out for lunch) - how to express their feelings appropriately (When I am angry I can... go to my bean bag or tell a grown up) <p>This workshop is an introduction to social stories and will describe why and when social stories might work for your child.</p>	<p>Wednesday 17th November 2021</p>	<p>8.30 pm - 9.30 pm evening course</p>	<p>Zoom (link will be sent following booking).</p>	<p>These sessions will be held on the Zoom platform. You will be sent a link and can log on easily by clicking the link.</p>	<p>Places Available Please register interest</p>

<p>Let's Play! Play is an essential part of a child's development. Children learn how to interact with their environment, solve problems, learn new motor skills, and acquire language through play. This workshop will outline some of the different stages of play and present some ideas on how to move your child onto their next stage of play. It is aimed at the earlier stages of play – if your child is playing snakes and ladders this is not for you!</p>	<p>Wednesday 24th November 2021</p>	<p>8.30 pm - 9.30 pm evening course</p>	<p>Zoom (link will be sent following booking).</p>	<p>These sessions will be held on the Zoom platform. You will be sent a link and can log on easily by clicking the link.</p>	<p>Places Available Please register interest</p>
<p>Fussy Eaters! An introduction to aversive feeding and some strategies to help you support your child with a limited diet. This will include: developing positive mealtime routines and exploring ideas to encourage your child to try new foods.</p>	<p>Wednesday 1st December 2021</p>	<p>8.30 pm - 9.30 pm evening course</p>	<p>Zoom (link will be sent following booking).</p>	<p>These sessions will be held on the Zoom platform. You will be sent a link and can log on easily by clicking the link.</p>	<p>Places Available Please register interest</p>
<p>Executive Functioning Skills Parent(s) / Guardian(s) Workshop for Primary School Aged Children The team are running an online parent(s)/guardian(s) workshop that aims to support your child's Executive Functioning Skills. Executive functioning skills support learning and development. Developing executive functioning skills can help your child with;</p> <ul style="list-style-type: none"> • Self-control (managing thoughts, actions and emotions). • Planning and organising for schoolwork and for everyday tasks. • Developing their focus, attention, and concentration. • Developing their capacity for time management, problem-solving skills, and self-regulation. • And much more!!! 	<p>Evening Option 2 sessions Monday 11th October 2021 and 18th October 2021</p>	<p>7 pm – 9 pm</p>	<p>Zoom (link will be sent following booking).</p>	<p>These sessions will be held on the Zoom platform. You will be sent a link and can log on easily by clicking the link.</p>	<p>Course Full Will be run again in Spring Term</p>
<p>Executive Functioning Skills Parent(s) / Guardian(s) Workshop for Primary School Aged Children The team are running an online parent(s)/guardian(s) workshop that aims to support your child's Executive Functioning Skills. Executive functioning skills support learning and development. Developing executive functioning skills can help your child with;</p> <ul style="list-style-type: none"> • Self-control (managing thoughts, actions and emotions). • Planning and organising for schoolwork and for everyday tasks. • Developing their focus, attention, and concentration. • Developing their capacity for time management, problem-solving skills, and self-regulation. 	<p>Morning Option 2 sessions Tuesdays 12th October 2021 and 19th October 2021</p>	<p>9.30 am - 11.30 am</p>	<p>Zoom (link will be sent following booking).</p>	<p>These sessions will be held on the Zoom platform. You will be sent a link and can log on easily by clicking the link.</p>	<p>Course Full Will be run again in Spring Term</p>

<ul style="list-style-type: none"> • And much more!!! 					
<p>Anxiety Management Programme for Parent(s)/Guardian(s) of Teenagers (aged 14 years and over) with a Diagnosis of ASD</p> <p>Psychologists from the team will be running an Anxiety Management Programme for parents of teenagers with a diagnosis of Autism Spectrum Disorder. The programme aims to minimise the risk of anxiety and anxiety related symptoms in adolescents with ASD by empowering parent(s)/guardian(s) with knowledge, strategies and ideas to help them cope and manage. The programme will run at St Gabriel’s Centre (face-to-face) from December 2021. The duration of the programme will be an initial four sessions for parent(s)/guardian(s) with each session lasting 2 hours. An additional four sessions, each lasting 1.5 hours, will be provided to your young person. It is necessary that you will be able to commit to all sessions.</p>	<p><u>Parents Sessions</u> Thursdays 9th December 2021 20th January 2022 27th January 2022 3rd February 2022</p> <p><u>Teenagers ONLY sessions</u> 10th February 2022 17th February 2022 24th February 2022 3rd March 2022</p>	<p><u>Parents Sessions</u> 7 pm – 9 pm</p> <p><u>Teenagers ONLY sessions</u> 4.30 pm – 6 pm</p>	<p>St. Gabriel’s Centre, Dooradoyle, Limerick.</p> <p>St. Gabriel’s Centre, Dooradoyle, Limerick.</p>	<p>Teenagers will not be offered a place on the teenager only sessions if their parent(s)/guardian(s) have not attended their own programme.</p>	<p>Places Available</p> <p>Please register interest</p>
<p><u>‘Aqua Fun, Fitness & Function’ Pool Group - Primary School</u></p> <p>The ‘Aqua Fitness & Function’ Program was designed specifically for children with decreased daily physical activity and children that have difficulties with dressing skills. Addressing the unique needs of these children, the program provides children with the tools, strategies and support they need to participate in physical activity safely in the pool and independence in washing and dressing skills.</p>	<p><u>Primary School</u></p> <p>Monday 4 sessions run weekly 22nd November 2021 29th November 2021 6th December 2021 13th December 2021</p>	<p>4 pm - 5 pm</p>	<p>St. Gabriel’s Hydrotherapy Pool, Limerick.</p>	<p>These sessions will be held in line with current Covid precautions. Parents are invited to observe from the waiting room.</p>	<p>Places Available</p> <p>Please register interest</p>
<p><u>‘Aqua Fun, Fitness & Function’ Pool Group - Secondary School</u></p> <p>The ‘Aqua Fitness & Function’ Program was designed specifically for children with decreased daily physical activity and children that have difficulties with dressing skills. Addressing the unique needs of these children, the program provides children with the tools, strategies and support they need to participate in physical activity safely in the pool and independence in washing and dressing skills. This group is aimed at developing independence showering and dressing skills with advice and recommendation provided by therapists however if your child needs parental assistance with this, please let the team know.</p>	<p><u>Secondary School</u></p> <p>Monday 4 sessions run weekly 22nd November 2021 29th November 2022 6th December 2021 13th December 2021</p>	<p>5 pm – 6 pm</p>	<p>St. Gabriel’s Hydrotherapy Pool, Limerick.</p>	<p>These sessions will be held in line with current Covid precautions. Parents are invited to observe from the waiting room.</p>	<p>Places Available</p> <p>Please register interest</p>

<p>Cycle Workshop This workshop is to encourage and enable children with disabilities to participate in Cycling. We will achieve this by using a variety of bicycles, balance bikes, and specially adapted trikes that are functional and suited to the child's individual needs. For children with disabilities the process of learning to cycle helps with balance, coordination, and development of motor skills as well as encouraging participation and inclusivity for a community of children. Each child's session will last for around 40 to 60 minutes. St Gabriel's therapists and Cycling Instructor will be there on the day to guide you and your child. If your child has their own bicycle and or helmet, we welcome you to bring these with you. If your child does not have their own bicycle, we will have bikes on the day for your child to use. We are also hoping to have reps from bicycle and tricycle companies present if parents want support to trial, purchase or for grant applications.</p>	<p>TBC pending interest and 'Cycle Ireland' cycling instructor availability.</p>	<p>TBC</p>	<p>St Gabriel's Centre, Limerick (plans to run in Mungret Park pending access and availability).</p>	<p>Parent and child attend. These sessions will be held in line with current Covid precautions.</p>	<p>Places Available Please register interest</p>
<p>'Fit for All' Inclusive Physical Activity Group This group is to encourage and facilitate physical activity in an inclusive environment in the community setting. The World Health Organisation recommends 60 minutes of physical activity per day for children. This group is to help find an activity that your child enjoys and on completion of the group the aim is that your child can continue to take part in a similar group activity that is already being ran in the community setting.</p>	<p>TBC pending interest and Limerick Sports Partnership Instructor availability. (One evening over the course of 4-6 weeks)</p>	<p>TBC (60 minutes)</p>	<p>Sports Centre, University of Limerick.</p>	<p>Parent and child attend. These sessions will be held in line with current Covid precautions. The session will offer children an opportunity to try some of the many activities on offer in the community and UL Sports Centre such as gymnastics, rock climbing, football, and athletics etc.</p>	<p>Places Available Please register interest</p>
<p>'Shooting Stars' Ball Skills Group This group is to encourage and facilitate physical activity in an inclusive environment in the community setting. The World Health Organisation recommends 60 minutes of physical activity per day for children. This group is a taster of different ball games such as tennis, football, GAA etc. in a safe and friendly environment. This group is to help find an activity that your child enjoys and on completion of the group the aim is that your child can continue to take part in a similar group activity that is already being ran in the community setting.</p>	<p>TBC pending interest and demand (4 consecutive days over the Easter school break)</p>	<p>TBC (60-90 minutes)</p>	<p>Local community grounds e.g., GAA pitch or local park pending access and availability</p>	<p>Parent and child attend. These sessions will be held in line with current Covid precautions. St Gabriel's therapists and Sporting Instructors will be there on the day to guide you and your child.</p>	<p>Places Available Please register interest</p>

<p>Understanding your Child's Emotions and Behaviours Morning Session This workshop focuses on understanding your child's emotional development e.g., anxiety, anger, sadness, excitement. We talk about emotional literacy and the impact of your child's emotions on their behaviour. We give practical strategies to support your child's emotional development.</p>	<p><u>Morning Sessions</u> Friday 5th November and Thursday 11th November</p>	<p>10 am - 11.30 am</p>	<p>Zoom (link will be sent following booking).</p>	<p>Parent / Caregiver</p>	<p>Places Available Please register interest</p>
<p>Understanding your Child's Emotions and Behaviours Evening Session This workshop focuses on understanding your child's emotional development e.g., anxiety, anger, sadness, excitement. We talk about emotional literacy and the impact of your child's emotions on their behaviour. We give practical strategies to support your child's emotional development.</p>	<p><u>Evening Sessions</u> Tuesday 9th and Tuesday 16th November</p>	<p>8 pm - 9 pm</p>	<p>Zoom (link will be sent following booking).</p>	<p>Parent / Caregiver</p>	<p>Places Available Please register interest</p>
<p>"Poo Goes Home to Pooland": Behavioural Strategies to address Withholding and Soiling Morning Session Children who suffer encopresis (soiling) often begin to feel like there is little more to them than the problem itself. This workshop aims to support you to place some distance between your child and the blame and shame of soiling, and to help them to get control over their poo. We provide practical strategies and resources to promote understanding of toileting matters and relieve anxiety. This workshop specifically targets children up to the age of seven years who have achieved continence in urinating (i.e., weeing consistently in the toilet for at least 12 months with minimal accidents) but are struggling to achieve continence in defecating (i.e., holding poo or struggling to poo consistently in the toilet despite repeated attempts at training).</p>	<p>Morning sessions Friday 26th November & Friday 3rd December</p>	<p>10 am - 11.30am</p>	<p>Zoom (link will be sent following booking).</p>	<p>Parent / Caregiver</p>	<p>Places Available Please register interest</p>
<p>"Poo Goes Home to Pooland": Behavioural Strategies to address Withholding and Soiling Evening Session Children who suffer encopresis (soiling) often begin to feel like there is little more to them than the problem itself. This workshop aims to support you to place some distance between your child and the blame and shame of soiling, and to help them to get control over their poo. We provide practical</p>	<p>Evening sessions Tuesday 30th November & Tuesday 7th December</p>	<p>8 pm - 9.30 pm</p>	<p>Zoom (link will be sent following booking)</p>	<p>Parent / Caregiver</p>	<p>Places Available Please register interest</p>

<p>strategies and resources to promote understanding of toileting matters and relieve anxiety.</p> <p>This workshop specifically targets children up to the age of seven years who have achieved continence in urinating (i.e., weeing consistently in the toilet for at least 12 months with minimal accidents) but are struggling to achieve continence in defecating (i.e., holding poo or struggling to poo consistently in the toilet despite repeated attempts at training).</p>					
<p>Navigating Puberty</p> <p>This two part workshop on puberty is especially developed for parents of children who attend special schools, who have an intellectual disability. This workshop covers a number of areas related to puberty including:</p> <ul style="list-style-type: none"> • How to support your child with understanding what is happening during puberty • Practical strategies to manage behaviours associated with puberty • How to support communication in relation to puberty • How to establish and maintain routines related to puberty <p>The workshop will be facilitated by two clinicians from the Treehouse Team. Each of the two sessions will be of 2 hours duration (4 hours in total). There will be many opportunities for parental Questions and Answers to be addressed during the workshop. There will also be opportunity for parents to have specific goals addressed.</p>	<p>2 Sessions Thursday 9 December 2021 and Thursday 13 January 2022</p>	<p>10 am - 12 noon</p>	<p>St. Gabriel's Centre, Dooradoyle, Limerick.</p>	<p>Parents only attend both sessions</p>	<p>Places Available</p> <p>Please register interest</p>
<p>Circle of Security-Parenting Group</p> <p>This 8 week program is designed to strengthen the powerful and positive attachment between parents and children. The program aims to help increase awareness of children's needs and to reflect on whether our responses meet their needs. It uses a visual map of attachment to help respond in ways to promote secure attachments and have confident children! See below link for more information- http://www.circleofsecurityinternational.com</p>	<p>18th November 2021 25th November 2021 2nd December 2021 9th December 2021 13th January 2021 20th January 2021 27th January 2021 3rd February 2021</p>	<p>10 am - 12 noon on Thursday mornings for the 8 sessions.</p>	<p>St. Gabriel's Centre, Dooradoyle, Limerick.</p>	<p>Parent / Caregiver only attend all sessions</p>	<p>Places Available</p> <p>Please register interest</p>
<p>Incredible Years -Preschool Parenting Group</p> <p>This 12 week program focuses on strengthening carer-child interactions to prevent or reduce misbehaviours. The program encourages positive parenting strategies (child-directed play, praise, rewards, positive limit setting) to encourage incredible preschool children to reach their social, emotional and learning potential.</p>	<p>Wednesday Morning 12 Sessions Nov: 10th 17th 24th Dec: 1st 15th Jan: 12th 19th 26th Feb: 2nd 9th 16th Mar: 2nd</p>	<p>10 am - 12 noon</p>	<p>St. Gabriel's Centre, Dooradoyle, Limerick.</p>	<p>Parent / Caregiver only attend all sessions</p>	<p>Places Available</p> <p>Please register interest</p>



Courses and workshops that will be running in 2022

- *Hanen Talkability*
- *Rock Routines*
- *Early Bird Parent Programme*
- *Get Set for Primary School*
- *Executive Functioning Skills for Secondary School Children*
- *Supporting the transition to Adulthood (for young people aged 16 years and over)*
- *Anxiety Management for Younger Children (Primary School Age)*
 - *Introduction to PECS*
 - *Supporting the transition to Secondary School*
 - *Sleep*
 - *Toileting*
 - *Timid to Tiger*



'From Timid to Tiger' is a six-week programme for parents that gives a step-by-step approach to help their child reduce feelings of anxiety. What topics will we cover in the group? Understanding children's anxiety, using praise to build confidence & using rewards to increase motivation, setting limits on anxious children's behaviour & using withdrawal of attention to manage behaviour, managing children's worry & managing difficult behaviour.

- *Parents Sib Shop*

We plan to run a Sibshop for **parent(s)/carer(s) only** to discuss the common themes for younger siblings (2-7years)-brothers and sisters of children with developmental needs.

- *Sibling Groups 8-10*

Siblings of Children with developmental needs have a very important role within the family. The aim of Sibling groups is to provide a therapeutic, safe & fun place to discuss their mutual joys and questions. This is a group for **Siblings Only**.