



## Treehouse Children's Disability Network Team (CDNT)

### Workshops, Groups and Programmes Calendar

#### January to June 2022

*Welcome to the Spring/Summer term of workshops, groups and programmes being run by the Treehouse CDNT at St. Gabriel's Foundation. If you have been recommended to attend one or some of the courses outlined below, or are interested in attending, 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, please contact the team.*

*There are usually limited places available on most of the courses. Some courses are in person only to comply with the programme restrictions. Some courses are available online (e.g., using zoom). **BOOKING IS ESSENTIAL.***

*As courses are in demand, please let us know if you subsequently cannot attend so your place can be offered to someone else.*

*All courses are offered to those attending the Treehouse CDNT ONLY.*

## *List of the courses and workshops being run – Spring/Summer Term 2022*

- *Executive Functioning Skills for Secondary School Children*
- *Supporting the transition to Adulthood (for young people aged 16 years and over)*
  - *Understanding Autism Parent Programme*
    - *Anxiety Management for Teenagers*
      - *Cycle Workshop*
  - *Fit for All Inclusive Physical Activity Group*
    - *Shooting Stars Ball Skills Group*
- *Supporting the Transition to Secondary School*
  - *Toileting*



<b>Workshop Details</b>	<b>Dates</b>	<b>Times</b>	<b>Venue</b>	<b>Participants</b>	<b>Status</b>
<p><b>Executive Functioning Skills Parent(s) / Guardian(s) Workshop for Secondary School Aged Children</b></p> <p>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"> <li>• Self-control (managing thoughts, actions, and emotions).</li> <li>• Planning and organising for schoolwork and for everyday tasks.</li> <li>• Developing their focus, attention, and concentration.</li> <li>• Developing their capacity for time management, problem-solving skills, and self-regulation.</li> <li>• And much more!!!</li> </ul>	PLEASE ENQUIRE FOR ADDITIONAL UPDATED INFORMATION	PLEASE ENQUIRE FOR ADDITIONAL UPDATED INFORMATION	St. Gabriel's Centre or online via the zoom platform	PLEASE ENQUIRE FOR ADDITIONAL UPDATED INFORMATION	Places Available
<p><b>Supporting the Transition to Adulthood – Evening Group</b></p> <p>We are running an informative programme for parents of teenagers with the service who will transition to adulthood in the near future. Becoming a young adult is another milestone in your child's life and this group will cover the following topics and more.</p> <ul style="list-style-type: none"> <li>• Post-secondary school/further education options and supports available.</li> <li>• Transition planning, goal setting and how to promote necessary life skills.</li> <li>• Preparing for possible obstacles/challenges that they may face.</li> <li>• Providing a supportive environment to get information and ask questions.</li> </ul>	<p><b>3 sessions</b></p> <p>January 10<sup>th</sup>, 2022 January 17<sup>th</sup>, 2022 January 24<sup>th</sup> 2022</p>	7 pm to 8.30 pm	Zoom (link will be sent following booking).	Parents and teenagers (aged 16 years and over)	Course Full. It is hoped that this course will be run annually.
<p><b>Supporting the Transition to Adulthood – Morning Group</b></p> <p>We are running an informative programme for parents of teenagers with the service who will transition to adulthood in the near future. Becoming a young adult is another milestone in your child's life and this group will cover the following topics and more.</p> <ul style="list-style-type: none"> <li>• Post-secondary school/further education options and supports available.</li> </ul>	<p><b>3 sessions</b></p> <p>January 11<sup>th</sup>, 2022 January 18<sup>th</sup>, 2022 January 25<sup>th</sup> 2022</p>	10 am to 11.30 am	Zoom (link will be sent following booking).	Parents and teenagers (aged 16 years and over)	Course Full. It is hoped that this course will be run annually.

<b>Workshop Details</b>	<b>Dates</b>	<b>Times</b>	<b>Venue</b>	<b>Participants</b>	<b>Status</b>
<ul style="list-style-type: none"> <li>Transition planning, goal setting and how to promote necessary life skills.</li> <li>Preparing for possible obstacles/challenges that they may face.</li> <li>Providing a supportive environment to get information and ask questions.</li> </ul>					
<p><b>Understanding Autism/Autism Spectrum Disorder (ASD)</b></p> <p>This bespoke programme is designed to provide evidence-based information on ASD and to provide 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.</p> <p>Together we will cover a range of topics including how to...</p> <ul style="list-style-type: none"> <li>encourage communication and interaction</li> <li>promote independence and participation life skills</li> <li>manage and support behaviour</li> <li>support and develop socialisation</li> <li>provide strategies to address sensory and motor difficulties</li> </ul> <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>	PLEASE ENQUIRE FOR ADDITIONAL UPDATED INFORMATION	PLEASE ENQUIRE FOR ADDITIONAL UPDATED INFORMATION	PLEASE ENQUIRE FOR ADDITIONAL UPDATED INFORMATION	PLEASE ENQUIRE FOR ADDITIONAL UPDATED INFORMATION	Places Available
<p><b>Anxiety Management Programme for Parent(s)/Guardian(s) of Teenagers (aged 14 years and over) with a Diagnosis of ASD</b></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</p>	<p><b>Parents Sessions</b></p> <p>Thursdays 20<sup>th</sup> January 2022 3<sup>rd</sup> February 2022 10<sup>th</sup> February 2022 17<sup>th</sup> February 2022</p> <p><b>Teenagers Sessions</b></p> <p>24<sup>th</sup> February 2022 3<sup>rd</sup> March 2022 10<sup>th</sup> March 2022 24<sup>th</sup> March 2022</p>	<p><u>Parents Sessions</u></p> <p>7 pm – 9 pm</p> <p><u>Teenagers ONLY sessions</u></p> <p>4.30 pm – 6 pm</p>	<p>Zoom</p> <p>St. Gabriel's Centre, Dooradoyle, Limerick.</p>	Teenagers aged 14 years and over and their parents.	Places Available

<b>Workshop Details</b>	<b>Dates</b>	<b>Times</b>	<b>Venue</b>	<b>Participants</b>	<b>Status</b>
to your young person. It is necessary that you will be able to commit to all sessions.					
<b>Cycle Workshop</b> 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.	24 <sup>th</sup> and 25 <sup>th</sup> of February 2022	Each child will be allocated a time slot on both days.	St Gabriel's Centre, Limerick (plans to run in Mungret Park pending access and availability).	Parent and child attend. These sessions will be held in line with current Covid precautions.	<b>Places Available</b>
<b>'Fit for All' Inclusive Physical Activity Group</b> 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.	TBC pending interest and Limerick Sports Partnership Instructor availability. (One evening over the course of 4-6 weeks)	TBC (60 minutes)	Sports Centre, University of Limerick.	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.	<b>Places Available</b>
<b>'Shooting Stars' Ball Skills Group</b> 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	TBC pending interest and demand (4 consecutive days over the Easter school break)	TBC (60-90 minutes)	Local community grounds e.g., GAA pitch or local park pending access and availability	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	<b>Places Available</b>

<b>Workshop Details</b>	<b>Dates</b>	<b>Times</b>	<b>Venue</b>	<b>Participants</b>	<b>Status</b>
child can continue to take part in a similar group activity that is already being ran in the community setting.				the day to guide you and your child.	
<b>Toileting</b> We are running a toilet training workshop <b>for children with our service aged 3-6 years</b> . This is a parent group which is designed to support you and your child get ready for toileting. We will provide you with an overview of toilet training, factors associated with your child's needs which may influence toileting, evidence-based toilet training strategies, and practical tips and solutions. The programme will run for two sessions, in person at St Gabriel's Centre, and each session will last for 1 hour and 30 minutes. The purpose of the workshop is to equip you with the necessary skills to support your child's toilet training.	Session 1 on Tuesday March 15 <sup>th</sup> , 2022  Session 2 on Tuesday March 22 <sup>nd</sup> , 2022  <b>*Parents are required to attend <u>both sessions</u></b>	10 am to 11.30 am	St. Gabriel's Centre	Parents of children with our service who are aged between 3 and 6 years.	<b>Places Available</b>



### ***Courses and workshops that will be running later in 2022 or in 2023***

These will be advertised later in the year. Keep an eye out for an updated calendar!

