



Treehouse Children's Disability Network Team (CDNT)

Workshops, Groups and Programmes Calendar

Autumn/Winter Term 2022 (September to December)

*Welcome to the 2022 Autumn/Winter term of workshops, groups and family programmes being run by the Treehouse CDNT at St. Gabriel's Foundation. If you have been recommended to attend some of the courses outlined below, or are interested in attending any, please book a place **by phoning the centre on 061-302733 Monday to Thursday between 9 am and 1.30 pm.***

Additional courses will be advertised as they are organised. If you cannot see a programme that has been recommended for you 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 the team know if you subsequently cannot attend so your place can be offered to someone else.

All courses are available to families attending the St. Gabriel's Foundation CDNTs

List of the programmes, courses and workshops taking place during the Autumn/Winter Term 2022

➤ **Executive Functioning Skills for Secondary School Children**

➤ **Understanding Autism Parent Programme**

➤ **'Splash' Hydrotherapy Social Group**

➤ **Peer-to-peer support group for Teenagers**

➤ **Fine Motor and Social Skills Group**

➤ **Sibling Support Workshop for Parents (Sibshop)**

➤ **School Based Issues – Parent Support Group**

➤ **Supporting Sensory and Behaviour Needs Workshop for Parents**

➤ **Parents Plus Special Needs Parent Programme**

➤ **Co-operation and Confidence Building Group for Children**

➤ **Online Parent Workshop on Supporting Emotional Regulation**



Details	Dates	Times	Venue	Participants	Status
<p>Executive Functioning Skills Workshop for Secondary School Aged Children</p> <p>The team are running a 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><u>Morning Option:</u> Session 1: Wednesday October 12th from 11.30 am to 1.30 pm. Session 2: Tuesday October 18th from 11 am to 1 pm.</p> <p><u>Evening Option:</u> Session 1: Monday October 10th from 7 pm to 9 pm. Session 2: Monday October 17th from 7 pm to 9 pm.</p>		The Holly Room at St. Gabriel's Centre.	Parent(s)/Guardian(s) only for sessions 1 and 2. <u>Note: Your teenager will be invited to a follow up session at a later date. Details will be provided during the parent workshop.</u>	Places Available <u>Please book to secure a place.</u>
<p>Understanding Autism/Autism Spectrum Disorder (ASD)</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. 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. The programme also encourages partnership with other parents, collaborative goal setting and problem solving.</p>	<p><u>Morning Option:</u> Thursday mornings for 7 sessions October 6th October 13th October 20th October 27th November 3rd November 10th November 17th</p> <p><u>Evening Option:</u> Thursday evenings for 7 sessions Same dates as morning option</p>	Mornings: 10 am to 12 noon. Evenings: 7 pm to 9 pm.	The Holly Room at St. Gabriel's Centre.	Parent(s)/Guardian(s) only for all sessions.	Places Available <u>Please book to secure a place.</u>
<p>Hydrotherapy Social Group</p> <p>This program is designed specifically to provide children with the tools, strategies and support they need to promote communication, social interactions, and physical activity in the pool. This will also provide the opportunity to develop organisational skills and independence with personal care routines e.g., showering, dressing, packing bag.</p>	<p>Monday afternoons for 5 sessions 19th Sept 26th Sept 03rd Oct 10th Oct 17th Oct</p>	To be confirmed.	St. Gabriel's Hydrotherapy Pool.	Children for all sessions. <u>Note: Parent(s)/Guardian(s) are requested and required to wait on site for duration of the sessions.</u>	Some Places Remaining <u>Please book to secure a place.</u>

Details	Dates	Times	Venue	Participants	Status
<p>Peer-to-Peer Support Group for Teenagers Peer-to-Peer Support Group for Teenagers. Using evidence-based practice, the aim of this group is to provide a space and support for teenagers to develop their social skills, emotional regulation skills, confidence, and independence through interaction and collaboration with peers of similar ages. Facilitated by psychologists and occupational therapists from the Treehouse CDNT, teenagers develop skills through engagement with a range of hands-on, fun, creative, challenging and age-appropriate activities and situations. The group runs over several sessions and sessions are based on site at St. Gabriel's along with certain community spaces.</p>	<p>Tuesday Evenings for 6 sessions</p> <p>October 4th October 11th October 18th October 25th November 8th November 15th</p>	4.30 pm to 6 pm	The Holly Room at St. Gabriel's Centre and certain community spaces (these will be communicated at the start of the programme).	<p>Teenagers for all sessions.</p> <p>Note: <u>Parent(s)/Guardian(s) are requested and required to wait on site for duration of the sessions.</u></p>	<p>Some Places Remaining</p> <p><u>Please book to secure a place.</u></p>
<p>'Fine Motor and Social Skills Group' This group will incorporate activities to help children develop fine motor skills through group-based activities. The group will deliver these activities through play-based learning. This group is specifically for children aged 5-7 years. This play-based group will be facilitated by members of the interdisciplinary team, Elaine Hannan, Occupational Therapist, and Deirdre Barry, Educational and Child Psychologist in training.</p>	<p>Tuesday mornings for 5 Sessions</p> <p>20th September 2022 27th September 2022 4th October 2022 11th October 2022 18th October 2022</p>	9:30-10:30	The Holly Room at St. Gabriel's Centre.	<p>Children aged 5-7 years for all sessions.</p> <p>Note: <u>Parent(s)/Guardian(s) are requested and required to wait on site for duration of the sessions.</u></p>	<p>Places Available</p> <p><u>Please book to secure a place.</u></p>
<p>Sibling Support Workshop for Parents This workshop will provide parents with information and ideas on a range of areas related to supporting the siblings of children with additional needs. These include...</p> <ul style="list-style-type: none"> ▪ Young sibling experiences. ▪ Listening to feelings. ▪ Giving attention. ▪ Positive sibling relationships. ▪ Sibling rivalry. ▪ Emergencies and hospital stays. ▪ Concern about sibling. ▪ Support networks. ▪ Grandparents and relatives. ▪ Top tips for parents. 	<p>Morning Option: Tuesday October 25th, 2022. 10 am to 12 noon.</p> <p>Evening Option: Tuesday October 25th, 2022. 7 pm to 9 pm.</p>		The Holly Room at St. Gabriel's Centre.	<p>Parent(s)/Guardian(s) only.</p>	<p>Places Available</p> <p><u>Please book to secure a place.</u></p>

Details	Dates	Times	Venue	Participants	Status
<p>School Based Issues – Parent Support Group</p> <p>Psychologists will facilitate a 2-session support group for parents of children who are experiencing difficulties at school. These could include difficulties with attendance, understanding school systems and how to liaise with school staff. A space for open discussion, collaborative problem-solving and the sharing of ideas and solutions.</p>	<p>Tuesday Mornings for 2 sessions</p> <p>Tuesday September 27th and Tuesday October 4th</p>	11 am to 12.30 pm	The Holly Room at St. Gabriel’s Centre.	Parent(s)/Guardian(s) only.	<p>Places Available</p> <p><u>Please book to secure a place.</u></p>
<p>Supporting Sensory and Behaviour Needs Workshop for Parents</p> <p>An interactive workshop providing parents with strategies and ideas for supporting their child’s sensory and behaviour needs.</p>	To be confirmed. Please enquire for further information.	To be confirmed.	The Holly Room at St. Gabriel’s Centre.	Parent(s)/Guardian(s) only.	<p>Places Available</p>
<p>Parents Plus Special Needs Parents Programme</p> <p>Parents of children with an intellectual disability can face significant challenges, especially during the adolescent years. With our Special Needs Programme, parents are supported to manage these challenges, improve their family’s well-being, and strengthen their links with other parents. This programme is practical, solution-focused and draws on parents’ strengths. It is suitable for parents who are raising an older child or adolescent with a mild, moderate, or severe intellectual disability, and who may also have an additional diagnosis, such as Autism Spectrum Disorder (ASD) or a physical disability.</p>	<p>Monday Mornings for 7 sessions</p> <p>October 17th October 24th November 7th November 14th November 21st November 28th December 5th</p>	10 am to 12 noon.	The Holly Room at St. Gabriel’s Centre.	<p>Parent(s)/Guardian(s) only for all sessions.</p> <p><u>Note: Attendance at all sessions is an essential requirement of this programme.</u></p>	<p>Some Places Remaining</p> <p><u>Please book to secure a place.</u></p>
<p>Co-operation and Confidence Building for Children</p> <p>Children will learn practical strategies to help enable them to manage any overwhelming feelings they may be having. They will be given resources and tips on how to best deal with these feelings and engage in group tasks with other children to highlight the importance of cooperation with others. As well as that, we intend to help your child by improving their interpersonal skills and gain confidence in themselves that they will carry with them in everyday life.</p>	To be confirmed. Please enquire for further information.	To be confirmed.	The Holly Room at St. Gabriel’s Centre.	<p>Children for all sessions.</p> <p><u>Note: Parent(s)/Guardian(s) are requested and required to wait on site for duration of the sessions.</u></p>	<p>Places Available</p> <p><u>Please book to secure a place.</u></p>
<p>Online Parent Workshop on Supporting Emotional Regulation</p> <p>An informative workshop providing parents with information, approaches, and strategies along with a space for discussion, problem-solving and the sharing of ideas in relation to emotional regulation and your child’s development.</p>	<p><u>Morning Option:</u> Tuesday November 22nd, 2022. 10 am to 11.30 am.</p> <p><u>Evening Option:</u> Tuesday November 22nd, 2022. 7 pm to 8.30 pm.</p>		Online using the Zoom platform.	Parent(s)/Guardian(s) only.	<p>Places Available</p> <p><u>Please book to secure a place.</u></p>

Courses and workshops that will be running in 2023 that you can also enrol for



- ***Transition to Adulthood Programme***
- ***Peer-to-peer Teenager Support Group***
- ***Transition to Secondary School - 2023 Starters***
- ***Executive Functioning Skills for Primary School Children***
- ***Parents Plus Special Needs Parent Programme***
- ***Online Parent workshop on Supporting Emotional Regulation***
 - ***Puberty***

