

# Limerick Parenting Calendar: January – June 2024

The purpose the Limerick Parenting Calendar is to have a schedule of parenting programmes, events and workshops all listed in one place to make life that little bit easier for both parents and professionals. It is not an exhaustive list – there may be listings not covered by this calendar.

It is divided into the following categories:

Parent Baby and Toddler Groups.....	2
Breastfeeding Supports.....	2
Antenatal Parenting Support Programmes.....	3
Parents of 0 – 5 Years.....	4
Parents of 6 – 12 years.....	9
Parents of 13 – 18 years.....	12
Topic-based Parenting Programmes.....	14
Parenting Supports and Workshops .....	16

Under each category, the listings are subdivided according to geography:

- East Limerick
- Limerick City
- West Limerick
- Online delivery

All programmes listed fulfil the function of supporting parents in their role as a parent.

The Limerick Parenting Calendar includes parenting programmes, workshops and events only. Programmes for children and young people are not included.

If you wish to submit a listing to the Limerick Parenting Calendar, contact David Studer, Limerick CYPSC Coordinator – [david.studer@tusla.ie](mailto:david.studer@tusla.ie)

Go to [www.loveparenting.ie](http://www.loveparenting.ie) for more information and links about children’s health and wellbeing, parenting and family support services.

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For a full listing of Parenting and Family Support Services in Limerick city and county, download the Parenting Limerick [Information on Parenting Support in Limerick](#) brochure

## Parent Baby and Toddler Groups

There are more than 50 Parent Baby and Toddler Groups running across East Limerick, West Limerick and Limerick City.

Some Parent Baby and Toddler Group are parent-led and other are supported by organisations. The groups provide a welcoming and lively space for parents and children to gather and grow. The Baby and Toddler Groups are also a springboard to other supports (peer support, one-to-one support, workshops, parenting programmes etc.) and have a really important role in sign-posting parents and carers to other services and agencies.

Some community-based Parent Baby and Toddler Groups are listed below. For a full listing of groups go to [www.loveparenting.ie/baby-toddler-groups/](http://www.loveparenting.ie/baby-toddler-groups/) or contact Limerick Childcare Committee <http://www.limerickchildcare.ie> / 061-600918

## Breastfeeding Supports

For a full listing of breastfeeding support groups in Limerick go to [LoveParenting.ie](http://LoveParenting.ie) or [MyChild.ie](http://MyChild.ie).



[MyChild.ie](http://MyChild.ie) offers direct advice from lactation consultants.

[We're Breastfeeding Friendly Limerick](#) aims to help improve the health and wellbeing of breastfeeding mothers, babies and their families through the development and promotion of breastfeeding friendly businesses, organisations and communities. Click [here](#) a full listing of locations across Limerick city and county who have signed up to the We're Breastfeeding Friendly initiative.

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Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
<b>Antenatal Parenting Support Programmes</b>					
Mid-West (Limerick, Clare and North Tipperary)	<b>Mellow Bumps Group Programme</b> This is an antenatal 6 week programme for Mums -to -be , aimed at improving maternal wellbeing and the mother- infant relationship. Reducing stress levels and promoting positive attachment.	(For start dates contact Anne Hegarty UMHL)  6 x 2 hour sessions over 6 weeks	Limerick City Venue TBC	<b>Mums- to -be:</b> Expectant mothers at between 20-30 weeks gestation across the Mid-West (Limerick, Clare and North Tipperary)	Anne Hegarty, UL Maternity Hospital  061 482965 <a href="mailto:Annej.hegarty@hse.ie">Annej.hegarty@hse.ie</a>
Northside , Southside and City Centre	<b>Bump to Baby Parent Workshop</b> Informed by Peep Antenatal Programme, This one off workshop supports parents antenatally to reflect on their developing Baby, and explores the concepts of bonding, and transition to parenthood. The workshop also provides Parents with information on how they can look after themselves as well as on local supports and services	Dates to be confirmed	Venues across Limerick city to be confirmed	Mam's and Dad's expecting a baby	Niamh Treacy ABC Start Right  087 6184983 or 061-419388  <a href="mailto:Niamh.treacy@hse.ie">Niamh.treacy@hse.ie</a> Or <a href="mailto:abcreferrals@paulpartnership.ie">abcreferrals@paulpartnership.ie</a>

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<b>Parents of 0 – 5 Years</b>					
<b>East Limerick</b>					
<b>Parent Baby &amp; Toddler Groups</b>					
Hospital	<b>Parent &amp; Toddler Support group</b> Facilitator Led Parent and Toddler group with art and craft, physical activity, refreshments, learning library, parenting support.	Wednesday's mornings 10 a.m. to 12 noon	Hospital FRC	Parents, grandparents, Childminders & children under 5 yrs.	Michelle 086 8888105/061 383884
Ballylanders	<b>Parent &amp; Toddler Support group</b> Facilitator Led Parent and Toddler group with art and craft, physical activity, refreshments, learning library, parenting support.	Tuesday – mornings 10 a.m. to 12 noon	Parent & Toddler Group every Tuesday morning 10am - 12pm in Day Care Centre, Ballylanders	Parents, grandparents, Childminders & children under 5 yrs.	Michelle 086 8888105
Caherconlish	<b>Parent &amp; Toddler Support group</b> Facilitator Led Parent and Toddler group with art and craft, physical activity, refreshments, learning library, parenting support.  <i>Musical Development for Parent and Children with Music Generation Limerick at Caherconlish Parent and Toddler Group.</i>	Thursday – mornings 10 a.m. to 12 noon  <i>6 weeks from February 1st – March 14th (not including mid term).</i>	Millennium Centre, Caherconlish	Parents, grandparents, Childminders & children under 5 yrs.	Phil/Michelle 086 8888105 061383884
Kilmallock	<b>Parent &amp; Toddler Support group</b> Facilitator Led Parent and Toddler group with art and craft, physical activity, refreshments, learning library, parenting support.	Friday – mornings 10 a.m. to 12 noon	Pastoral Centre, Kilmallock	Parents, grandparents, Childminders & children under 5 yrs.	Michelle 086 8888105 061383884

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<b>Limerick City</b>					
Ballinacurra Weston, Limerick	<b>Baby Massage</b> Parents will learn a series of strokes each week that are soothing and relaxing for the baby. Baby Massage helps establish a bond through the power of touch.	Starting Wednesday 20 <sup>th</sup> of January 2024  10am – 11:30am  6 weeks course	West End Youth Centre, Our Lady of Lourdes CSG, Rosbrien Road, V94KX9V	Parents of children between 0-6 months	Bernie Hannan  0857817038  <a href="mailto:bernie.hannan@ololcsg.ie">bernie.hannan@ololcsg.ie</a>
Northside Limerick	<b>Baby Massage</b> Baby Massage classes guide parents to use a specifically designed series of strokes that combine Indian and Swedish massage along with Reflexology techniques and some gentle Yoga based exercises into a routine designed to be beneficial for infants. Baby Massage is a beautiful tool parents/caregivers can use to establish a strong bond and create a healthy attachment.  Baby Massage Instructors use dolls to demonstrate while parents/caregivers follow with their own baby.	February to March 2024  Exact dates TBC  4 weeks  10:30am-12pm	Location TBC, Northside Family Resource Centre, Clonconnane Road, Ballynanty, Limerick V94APX8.	Parents of pre-crawlers and their babies usually aged 0-6 months.	Please use our contact form on: <a href="https://www.northsidefrc.ie/contact/">https://www.northsidefrc.ie/contact/</a>  Or email: <a href="mailto:info@northsidefrc.ie">info@northsidefrc.ie</a>
Northside Limerick	<b>Parents Plus Healthy Families Programme</b> This programme for parents of children aged 1-11 brings families and parents together to get ideas on nutrition and healthy lifestyles and how to implement them. It also looks at how to handle behaviour and how to set up good routines.	February to May 2024  Date & Time TBC	Location TBC, Northside Family Resource Centre, Clonconnane Road, Ballynanty, Limerick V94APX8.	Parents of children aged 2-12 years old – parents only.	Please use our contact form on: <a href="https://www.northsidefrc.ie/contact/">https://www.northsidefrc.ie/contact/</a> Or email: <a href="mailto:info@northsidefrc.ie">info@northsidefrc.ie</a>

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Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
	<p>Topics covered include:</p> <ul style="list-style-type: none"> <li>• Understanding how to improve family’s health and well-being</li> <li>• Promoting healthy eating and mealtimes</li> <li>• Incorporating active play and physical activities into the day</li> <li>• Maintaining positive mental health and self-esteem</li> <li>• Establishing good routines for sleep</li> <li>• Setting up rules around technology use at home</li> <li>• Building positive family relationships</li> </ul>				
Northside Limerick	<p><b>Parents Plus Early Years Programme:</b> A programme for parents of children aged 3-6. The programme provides support in the following areas:</p> <ul style="list-style-type: none"> <li>• Helping children to develop good attachments and relationships</li> <li>• Managing tantrums and misbehaviour</li> <li>• Building children’s language and development</li> <li>• Reducing own stress as a parent</li> <li>• Helping children to concentrate and learn</li> <li>• Increasing children’s self-esteem</li> <li>• Establishing positive daily routines</li> </ul> <p>There will be a special emphasis during this course on children with additional needs and the challenges that present.</p>	<p>May to June  Date &amp; Time TBC</p>	<p>Location TBC, Northside Family Resource Centre, Clonconnane Road, Ballynanty, Limerick V94APX8.</p>	<p>Parents of children aged 3-6 years old – parents only.</p>	<p>Please use our contact form on: <a href="https://www.northsidefrc.ie/contact/">https://www.northsidefrc.ie/contact/</a> Or email: <a href="mailto:info@northsidefrc.ie">info@northsidefrc.ie</a></p>

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Northside, Southside and City Centre	<p><b>Community Wraparound Programmes and Workshops</b></p> <p>ABC Start Right (PAUL Partnership) and Community Mothers (Limerick Social Service Council) jointly deliver a suite of Community Wraparound Workshops in various venues across the City Centre as well as in the North side and South side of the City to enhance child development and well being.</p> <p>These workshops and programmes are evidence based / approach informed and include the following:</p> <ul style="list-style-type: none"> <li>• Baby Massage</li> <li>• Happy Feet – Gentle Touch (Reflexology)</li> <li>• Starting your baby onto solids</li> <li>• First Aid for families workshop</li> <li>• Healthy Food Made Easy</li> <li>• Incredible Years/Child Directed Play</li> <li>• Bump to Baby</li> </ul> <p>See contact details for more information with regards to ABC/LSSC schedule.</p>	Dates to be confirmed	Venues across Limerick city to be confirmed	Parents of children aged 0 – 6 years	<p>Niamh Treacy ABC Start Right</p> <p>087 6184983 or 061-419388</p> <p><a href="mailto:Niamh.treacy@hse.ie">Niamh.treacy@hse.ie</a></p> <p>Or</p> <p><a href="mailto:abcferrals@paulpartnership.ie">abcferrals@paulpartnership.ie</a></p>
<b>Parent Baby &amp; Toddler Groups</b>					
Ballinacurra Weston, Limerick	<p><b>Parent and Toddler Group:</b></p> <p>Where parents and young children meet for play, to socialise, and shared learning. These gatherings provide a supportive environment for families to connect, share parenting insights, and engage in activities that promote toddlers' development.</p>	<p>Starting Monday 15<sup>th</sup> of January 2024</p> <p>9:30 am – 10:30 am</p> <p>Running until 17<sup>th</sup> of June</p>	West End Youth Centre, Our Lady of Lourdes CSG, Rosbrien Road, V94KX9V	For children between 0-3 and their grown-ups	<p>Bernie Hannan</p> <p>0857817038</p> <p><a href="mailto:bernie.hannan@ololcsg.ie">bernie.hannan@ololcsg.ie</a></p>

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Limerick City Southside	<b>Parent and Toddler Group</b> Informal facilitated group where parents and children can meet to play and socialise and access additional support if needed. Emphasis is on parent and child led activities that also include stories/rhymes and songs, art and play. Offers parents the opportunity to develop networks of peer support.	Tuesdays, 10-11:30  Ongoing	Southside CFC	Parents/Carers of Babies and Toddlers	Eithne Egan, 061-314111; <a href="mailto:Eithne.egan@lssc.ie">Eithne.egan@lssc.ie</a>
Limerick City	<b>Parent and Toddler Group</b> Informal facilitated group where parents and children can meet to play and socialise and access additional support if needed. Emphasis is on parent and child led activities that also include stories/rhymes and songs, art and play. Offers parents the opportunity to develop networks of peer support.	Fridays, 10:30-12  Ongoing	Limerick Social Service Council	Parents/Carers of Babies and Toddlers	Suzie O'Shea, 061-314111; <a href="mailto:suzie.oshea@lssc.ie">suzie.oshea@lssc.ie</a> or  Imelda Heffernan, 061-314111; <a href="mailto:Imelda.heffernanc@lssc.ie">Imelda.heffernanc@lssc.ie</a>
<b>West Limerick</b>					
<b>Parent Baby &amp; Toddler Groups</b>					
West Limerick	Monthly Parent & Toddler events	TBC	Community Centre Newcastle West	Parents, guardians & care givers and children aged 0 – 5 years	Stefanie Jaeger Liston 087 3982925 <a href="mailto:SJaeger@wlr.ie">SJaeger@wlr.ie</a>

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<b>Parents of 6 – 12 years</b>					
<b>East Limerick</b>					
Croom East Limerick	<b>Parents Plus Children’s Programme:</b> An evidence-based parenting course for parents of children aged six to 11 years. - Solve Parenting problems in a positive way that helps children learn - Promote Confidence - Encourage positive behaviour - Manage difficult behaviour and discipline problems	Starting Thursday 18 <sup>th</sup> January 2024  10 a.m. – 12 p.m.  6 Weeks: 2 hours per week.	Croom Family Resource Centre, Croom Mill, Croom, Co. Limerick. V35E306	Parents of children, 6– 11	Caroline Considine  085 2568579  <a href="mailto:caroline@croomfrc.com">caroline@croomfrc.com</a>
Hospital – East Limerick Area	<b>Cookery class</b> Parents and their children of primary School age. Covering topics on Cooking Skills, Healthy shopping & Budgeting and food/meal & planning skills.	TBC	Youthreach Hospital, Main St., Hospital, Co. Limerick.	Parents of children in primary school.	Hospital FRC - Martha Potter 087 2813341
<b>Limerick City</b>					
Northside Limerick	<b>Parents Plus Healthy Families Programme</b> This programme for parents of children aged 1-11 brings families and parents together to get ideas on nutrition and healthy lifestyles and how to implement them. It also looks at how to handle	February to May 2024  Date & Time TBC	Location TBC, Northside Family Resource Centre, Clonconnane Road, Ballynanty, Limerick V94APX8.	Parents of children aged 2-12 years old – parents only.	Please use our contact form on: <a href="https://www.northsidefrc.ie/contact/">https://www.northsidefrc.ie/contact/</a> Or email: <a href="mailto:info@northsidefrc.ie">info@northsidefrc.ie</a>

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	<p>behaviour and how to set up good routines.</p> <p>Topics covered include:</p> <ul style="list-style-type: none"> <li>• Understanding how to improve family's health and well-being</li> <li>• Promoting healthy eating and mealtimes</li> <li>• Incorporating active play and physical activities into the day</li> <li>• Maintaining positive mental health and self-esteem</li> <li>• Establishing good routines for sleep</li> <li>• Setting up rules around technology use at home</li> <li>• Building positive family relationships</li> <li>•</li> </ul>				
Limerick City	<p><b>Parents Under Pressure (PUP) Programme</b></p> <p>The PUP programme aims to improve parents/carers relationships with their child/children. Participating in PUP will allow parents/carers to have a look at their own emotional regulation and how this supports their child/children with developing their own skills. This parenting program is specifically developed for families who are facing multiple adversities including parental substance abuse, mental health problems and family conflict.</p>	TBC	Limerick Social Service Council, Upper Henry Street, Limerick.	Parents of Children, 7-16  <u><b>*Internal Referrals Initially</b></u>	Clodagh Walsh 061-314111; <a href="mailto:clodagh.walsh@lssc.ie">clodagh.walsh@lssc.ie</a>

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<b>Online</b>					
Nationwide	<p><b>Supporting your anxious child</b> ISPCC’s online CBT-based programmes are designed to help parents/carers empower their children and young people to understand and manage their anxiety. Parents/Carers are provided with skills and techniques they and their child can employ in their daily lives that help the young person cope.</p> <p>What parents/carers will learn:</p> <ul style="list-style-type: none"> <li>• Supporting your anxious teen – understand anxiety and learn how it can be a strength as well as a problem</li> <li>• Parenting Positively – learn how to respond effectively as a parent</li> <li>• Changing Anxiety – held your child break of the cycle of anxiety</li> <li>• Problem-solving – take action to address the problems that cause anxiety</li> <li>• Changing Thoughts – learn to think about work and anxiety in a more helpful way</li> <li>• Facing Fears – a step-by-step approach to overcoming anxiety and achieving goals</li> <li>• Creating a Plan – Build a plan to manage and prevent your child’s anxiety in the future</li> </ul> <p>Moving Forward – building self-esteem and keeping on track</p>	<p>No set start date</p> <p>Participants are invited to log into their programmes within 2 weeks of the ISPCC receiving their completed referral form</p> <p>Participants are given 12 weeks to complete the programme under the guidance of a Supporter</p>	Online	Parents/carers wanting to support their 5–18-year-old children and young people who experience low to moderate anxiety.	<p><a href="mailto:spacefromanxiety@ispcc.ie">spacefromanxiety@ispcc.ie</a> to request a referral form, information and our brochures</p> <p>Go to <a href="https://www.ispcc.ie/guided-digital-programmes/">https://www.ispcc.ie/guided-digital-programmes/</a> to learn more about the programmes.</p>

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<b>Parents of 13 – 18 years</b>					
<b>East Limerick</b>					
Hospital – East Limerick Area	<b>Strengthening Families Programme</b> – 14-week Family Skills Programme for teenagers aged 12-16 years. - Communication - Managing Stress- Problem Solving - Limit Setting	Referrals – Ongoing. Starting January 2024 - Tuesday evenings from 6 p.m. to 8.30 p.m.	Hospital Family Resource Centre, Knockainey Rd., Hospital, Co. Limerick.	Parents and their teenagers aged between 12-16 years	Hospital FRC – Martha Potter 087 2813341
<b>Limerick City</b>					
Limerick	<b>Parents Plus Adolescents Programme</b> -Managing and resolving conflict -Building your teenagers self-esteem and confidence -Positive discipline -Negotiating rules and boundaries -Solving problems together -Reducing stress as parent	TBC	TBC	Parents of children 11-16 years	Evelyn Meenaghan 061-314111; <a href="mailto:Evelyn.meenaghan@lssc.ie">Evelyn.meenaghan@lssc.ie</a>
Limerick City	<b>Parents Under Pressure (PUP) Programme</b> The PUP programme aims to improve parents/carers relationships with their child/children. Participating in PUP will allow parents/carers to have a look at their own emotional regulation and how this supports their child/children with developing their own skills. This parenting program is specifically developed for families who are facing multiple adversities including parental substance abuse, mental health problems and family conflict.	TBC	Limerick Social Service Council, Upper Henry Street, Limerick.	Parents of Children, 7-16  <b><u>*Internal Referrals Initially</u></b>	Clodagh Walsh 061-314111; <a href="mailto:clodagh.walsh@lssc.ie">clodagh.walsh@lssc.ie</a>

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Nationwide	<p><b>Supporting your anxious teenager</b></p> <p>ISPCC's online CBT-based programmes are designed to help parents/carers empower their children and young people to understand and manage their anxiety. Parents/Carers are provided with skills and techniques they and their child can employ in their daily lives that help the young person cope.</p> <p>What parents/carers will learn:</p> <ul style="list-style-type: none"> <li>• Supporting your anxious teen – understand anxiety and learn how it can be a strength as well as a problem</li> <li>• Parenting Positively – learn how to respond effectively as a parent</li> <li>• Changing Anxiety – help your child break of the cycle of anxiety</li> <li>• Problem-solving – take action to address the problems that cause anxiety</li> <li>• Changing Thoughts – learn to think about work and anxiety in a more helpful way</li> <li>• Facing Fears – a step-by-step approach to overcoming anxiety and achieving goals</li> <li>• Creating a Plan – Build a plan to manage and prevent your child's anxiety in the future</li> <li>• Moving Forward – building self-esteem and keeping on track</li> </ul>	<p>No set start date</p> <p>Participants are invited to log into their programmes within 2 weeks of the ISPCC receiving their completed referral form</p> <p>Participants are given 12 weeks to complete the programme under the guidance of a Supporter</p>	Online	Parents/carers wanting to support their 5–18-year-old children and young people who experience low to moderate anxiety.	<p><a href="mailto:spacefromanxiety@ispcc.ie">spacefromanxiety@ispcc.ie</a> to request a referral form, information and our brochures</p> <p>Go to <a href="https://www.ispcc.ie/guided-digital-programmes/">https://www.ispcc.ie/guided-digital-programmes/</a> to learn more about the programmes.</p>

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<b>Topic-based Parenting Programmes</b>					
<b>Limerick City</b>					
Limerick City	<b>City Slickers Programme</b> The City Slickers Programme engages group participants aged 14 – 25 years in a process of personal and social education to improve and develop their self-confidence, self-awareness, self-image and self-worth. 10 week programme run over one day a week	TBC	Limerick Social Service Centre, Upper Henry Street.	Young parents aged 14- 25 years of age	Joanne Ryan, 061-314111; <a href="mailto:joanne.ryan@lssc.ie">joanne.ryan@lssc.ie</a> or Aileen Harrold, 061-314111; <a href="mailto:aileen.harrold@lssc.ie">aileen.harrold@lssc.ie</a>
<b>Online</b>					
Mid West Region	<b>Parenting When Separated Programme</b> In the group you will learn how to: <ul style="list-style-type: none"> <li>• Solve co-parenting problems in a positive way which focuses on needs of the children</li> <li>• Create practical arrangements for children that minimise stress and conflict</li> <li>• Improve communication with children and with other parent</li> <li>• Cope with the emotional impact of separation and learn stress management techniques</li> <li>• Help children cope emotionally with the separation</li> </ul> Deal with the challenges of lone parenting or being a 'live away' parent	Two concurrent programmes being run with morning & afternoon options:  1 <sup>st</sup> February, 6.30pm – 9.30pm  or  8 <sup>th</sup> February, 10.00am – 12.30pm  7 weeks 2 ½ hrs per session	Online	Separated Parents of children aged newborn-18	Pat Fitzpatrick 061326623  <a href="mailto:pws@northsidefrc.ie">pws@northsidefrc.ie</a>

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Mid West Region	<p><b>Parenting When Separated Programme</b></p> <p>In the group you will learn how to:</p> <ul style="list-style-type: none"> <li>• Solve co-parenting problems in a positive way which focuses on needs of the children</li> <li>• Create practical arrangements for children that minimise stress and conflict</li> <li>• Improve communication with children and with other parent</li> <li>• Cope with the emotional impact of separation and learn stress management techniques</li> <li>• Help children cope emotionally with the separation</li> </ul> <p>Deal with the challenges of lone parenting or being a 'live away' parent</p>	<p>Two concurrent programmes being run in May, morning &amp; afternoon.</p> <p>Dates TBC</p> <p>7 weeks 2 ½ hrs per session</p>	Online	Separated Parents of children aged newborn-18	<p>Pat Fitzpatrick 061326623</p> <p><a href="mailto:pws@northsidefrc.ie">pws@northsidefrc.ie</a></p>
<b>Phone</b>					
Nationwide - Parentline	<p><b>Non Violent Resistance (NVR) Programme</b></p> <ul style="list-style-type: none"> <li>• NVR aims to end certain patterns of behaviour and repair the damaged relationship between the parent and the child</li> <li>• It supports parents to change the ways in which they deal with violent, aggressive and controlling behaviours.</li> <li>• Parents are supported in developing skills to de-escalate the abusive behaviour.</li> <li>• Parents learn to increase their positive presence in their child's life</li> <li>• It helps parents to understand that it is the behaviour that is the problem and not the child.</li> </ul>	<p>A one hour a week phone call from a highly trained, experienced Parentline volunteer. This is done in a confidential manner.</p> <p>The programme can last from anywhere between 4 and 8 weeks depending on how well and quickly it is implemented.</p>	Over the phone	It is usually given to parents of children aged from 12 years to 17 years.	<p>01 873 3500</p> <p>For more information go to:  <a href="https://parentline.ie/wp-content/uploads/2023/10/Parentline-NVR-Leaflet-updated-September-2023.pdf">https://parentline.ie/wp-content/uploads/2023/10/Parentline-NVR-Leaflet-updated-September-2023.pdf</a></p>

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Area	Details of Programme	Start date, duration and time	Venue	Target Group	Contact Details
<b>Parenting Supports and Workshops</b>					
<b>For a full listing of Parenting and Family Support Services in Limerick city and county, download the Parenting Limerick <a href="#">Information on Parenting Support in Limerick</a> brochure</b>					
<b>East Limerick</b>					
Hospital – East Limerick Area.	<b>Autism Specific Question and Answer Session</b> Join Audrey Byrnes, Information Officer Dóchas Midwest Autism Support. Audrey will be available to answer questions you have relating to services and supports you have relating to Autism	Wednesday 31 <sup>st</sup> January  11.00am	Hospital FRC, Knockainey Rd., Hospital, Co. Limerick.	Parents of children with autism	To book or for more information contact: • Mary: <a href="mailto:mmcgrath@hospitalfrc.com">mmcgrath@hospitalfrc.com</a> / 061-383884 • Audrey: <a href="mailto:advice@dochasautism.ie">advice@dochasautism.ie</a>
Hospital – East Limerick Area.	<b>SKiPS</b> – Special Kids Parents Support Group is a peer support group for parents, carers and family members that have a child with special needs.	3 <sup>rd</sup> Tuesday of the Month at 10.30 p.m.	Hospital FRC, Knockainey Rd., Hospital, Co. Limerick.	Parents of children with special needs.	Hospital FRC – Mary McGrath 061-383884.
Hospital – East Limerick Area.	<b>Family Yoga</b> – Family Benefits of Programme: Teaches how to manage stress through breath work for parents and children, develops better body awareness and improves concentration, balancing and strengthening of parents and children’s bodies, family fun.	TBC	Hospital FRC, Knockainey Rd., Hospital, Co. Limerick.	Parents and their children of primary school age.	Hospital FRC - Martha Potter 087 2813341

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East Limerick Area	<b>SHEP</b> – Managing Stress in our Daily Lives. This course will provide you with an understanding of the natural processes that give rise to stress, how to prevention stress in our daily lives.	TBC	Hospital Family Resource Centre, Knockaiey Rd., Hospital, Co. Limerick.	Parents and individuals	Hospital FRC – Martha Potter 087 2813341
Hospital – East Limerick Area	<b>Counselling support</b> for: Anxiety, stress, bereavement, abuse, relationship breakdown etc.	Referrals – Ongoing	Hospital FRC, Knockaiey Rd., Hospital, Co. Limerick.	Families, couples, adults and teenagers.	Hospital FRC – AnneMarie or Mary @ 061 383884.
Hospital - East Limerick Area	<b>Food Supports – Monthly Food Bank</b> – Prepacked parcels of non perishable food products for collection. <b>Period Poverty</b> – products available at monthly food bank	Second Thursday of every month 10am to 1pm	Hospital Family Resource Centre, Knockaiey Rd., Hospital Co. Limerick.	Families and individuals	Mary or AnneMarie 061383884
Hospital - East Limerick Area	<b>CSMT Drug and Alcohol Out-reach Clinic</b> - aims to assist youths, families and communities to develop effective and supportive coping strategies to deal with substance misuse in East Limerick.	If you wish to make an appointment, CSMT will endeavour to meet with you within two weeks.	Hospital Family Resource Centre, Knockaiey Rd., Hospital Co. Limerick.	Young people & families	061 317688
Hospital – East Limerick Area	<b>ADAPT Domestic Violence Out Reach Clinic</b> - We provide outreach services throughout Limerick. If the location or the time of a clinic does not suit you, the support worker will meet you in another place that is safe and private, at a time that suits you.	If the location or the time of a clinic does not suit you, the support worker will meet you in another place that is safe and private, at a time that suits you.	Hospital Family Resource Centre, Knockaiey Rd., Hospital, Co. Limerick.	Provides services to women who are experiencing domestic abuse and their children (boys and girls up to the age of 18 years).	If you would like to talk to a support worker or arrange a meeting, please phone our free 24 hour helpline on 1800 200 504, or the support workers mobile on 085 1982501 (during regular office hours).

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<b>Limerick City</b>					
Northside Limerick	<b>Social Media: Challenges for Parents</b> Information talk with Dr. Maureen Griffin: <ul style="list-style-type: none"> <li>• Information on Social Media Platforms young people use</li> <li>• Mobile Device Safety</li> <li>• Screentime &amp; Sleep</li> <li>• Sexting &amp; Cyber Bullying</li> </ul>	Wednesday 17 <sup>th</sup> January 10.00am - 11.30am	Northside Youth Space, Ballynanty, Limerick V94 TPPS	Parents	Priscilla: 083-371-8793
Northside Limerick	<b>ASD Parent Support Group</b> A welcoming group for parents/guardians and their children with signs of ASD undiagnosed or with diagnosis. Play opportunities available for the children to play and interact weekly in a safe and non-judgemental environment while carers have the opportunity to meet others going through similar issues and gain peer support. Refreshments will be provided, and transport can be accommodated locally for those without easy access, including families living in direct provision/emergency accommodation. Parents can gain insider knowledge and provide resources to each other while also gaining from workshops with other partner agencies providing advice/information tailoring support to the needs of each family.	Thursdays Start date TBC 12-1pm, except during school holidays	Location TBC, Northside Family Resource Centre, Clonconnane Road, Ballynanty, Limerick V94APX8.	Parents of children and their children, usually aged 18 months old to 4 years old.	Kelly Moynihan 061-326623 <a href="mailto:kellymoynihan@northsidefrc.ie">kellymoynihan@northsidefrc.ie</a> You may also use our contact form on: <a href="https://www.northsidefrc.ie/contact/">https://www.northsidefrc.ie/contact/</a> Or email: <a href="mailto:info@northsidefrc.ie">info@northsidefrc.ie</a>
Southside	<b>Peer Support Group for Parents of Children with Additional Needs</b>	Last Wednesday of every month	Our Lady Queen of Peace School	Parents/Guardians/Care rs	Sue Lynch 086 455646 / Michelle Tynan 086 7857663

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Limerick City	<b>International Women's Group</b> Aims to bring together women living in Limerick from different parts of the world. - - Coffee, chats and discussions - mindfulness and meditations - Healthy eating cooking events - Dance, song and fun	Wednesday mornings  11am – 1pm	Limerick Social Service Centre, and various city venues to be advised in advance	Women only event	Evelyn Meenaghan 061-314111; <a href="mailto:Evelyn.meenaghan@lssc.ie">Evelyn.meenaghan@lssc.ie</a>
<b>West Limerick</b>					
West Limerick	Support for parents and care givers - Advice and Guidance - Parenting Programmes & workshops - Parent and Toddler Groups & activities for Children - Promoting positive mental health and wellbeing - Free Counselling Service - Signposting and referral to other services	Monday to Friday 9 am – 3pm	Community Hubs in Newcastle West, Rathkeale, Askeaton, Abbeyfeale Support available in person, by phone, email, and various online platforms.	Parents and children 0 – 12 years	West Limerick Resources, St. Mary's Street, Newcastle West, Co. Limerick  Stefanie Jaeger Liston 087 3982925 <a href="mailto:SJaeger@wlr.ie">SJaeger@wlr.ie</a>  Mary O'Connor 087 9382883 <a href="mailto:moconnor@wlr.ie">moconnor@wlr.ie</a>
<b>Online</b>					
Online	<b>Barnardos Online Safety for Parents</b> Barnardos trainers deliver live webinars to parents about online safety with a short Q&A after. Webinar Outcomes: <ul style="list-style-type: none"> <li>• Outline the key risks for children with being online</li> <li>• Implement practical solutions and tips to help their children stay safe online</li> <li>• Reflect on how they might</li> </ul>	Wednesday 17 <sup>th</sup> January; 7.00pm – 8.00pm  Thursday 8 <sup>th</sup> February; 7.00 – 8.00pm  Wednesday 28 <sup>th</sup> February; 11.00am – 12.00pm	Online via Zoom  <b>Once you book your place, you will receive a link to the webinar. You'll also be reminded a day before the webinar too.</b>	All parents	Register <a href="#">here</a>  <a href="https://www.barnardos.ie/learning-development/training/online-safety-programme/for-parents/">https://www.barnardos.ie/learning-development/training/online-safety-programme/for-parents/</a>

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	<ul style="list-style-type: none"> <li>• help their children if they were cyberbullied/cyberbullying</li> <li>• Recognise ways to interact with their child's online world and day to day experiences</li> <li>• Identify helpful websites and research and signpost them to others</li> </ul>	Tuesday 5 <sup>th</sup> March; 7.00pm – 8.00pm			
Online	<b>Supporting Your Child With Grief</b>	Wednesday 31 <sup>st</sup> January  10am – 11:30am	Online, Via WebEx Web Platform	Parents/guardians of children and adolescents aged 0-18 living in limerick city and county	To sign up please contact one of the psychology assistants listed on the workshop poster. Posters will circulate to the mailing list 2 weeks before the workshop.  To be added to the mailing list, please contact 061-483692.
Online	<b>Understanding and support a child who has experienced trauma</b>	Thursday 29 <sup>th</sup> February  10am – 11:30am	Online, Via WebEx Web Platform	Parents/guardians of children and adolescents aged 0-18 living in limerick city and county	To sign up please contact one of the psychology assistants listed on the workshop poster. Posters will circulate to the mailing list 2 weeks before the workshop.  To be added to the mailing list, please contact 061-483692.
Online	<b>Managing you child/adolescent's anxiety</b>	Thursday 28 <sup>th</sup> March  10am – 11:30am	Online, Via WebEx Web Platform	Parents/guardians of children and adolescents aged 0-18 living in limerick city and county	To sign up please contact one of the psychology assistants listed on the workshop poster. Posters will circulate to the mailing list 2 weeks before the workshop.  To be added to the mailing list, please contact 061-483692.

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Online	<b>Bullying/Cyberbullying and your child</b>	Wednesday 10 <sup>th</sup> April 10am – 11:30am	Online, Via WebEx Web Platform	Parents/guardians of children and adolescents aged 0-18 living in limerick city and county	To sign up please contact one of the psychology assistants listed on the workshop poster. Posters will circulate to the mailing list 2 weeks before the workshop.  To be added to the mailing list, please contact 061-483692.
Online	<b>Helping your child manage big emotions</b>	Thursday 16 <sup>th</sup> May 10am – 11:30am	Online, Via WebEx Web Platform	Online	To sign up please contact one of the psychology assistants listed on the workshop poster. Posters will circulate to the mailing list 2 weeks before the workshop.  To be added to the mailing list, please contact 061-483692.
Online	<b>Transition to Secondary School: Helping your child to prepare</b>	Thursday 6 <sup>th</sup> June 10am – 11:30am	Online, Via WebEx Web Platform	Parents/guardians of children and adolescents aged 0-18 living in limerick city and county	To sign up please contact one of the psychology assistants listed on the workshop poster. Posters will circulate to the mailing list 2 weeks before the workshop.  To be added to the mailing list, please contact 061-483692.
Online	<b>Starting Primary School: helping your child to prepare</b>	Thursday 20 <sup>th</sup> June 10am – 11:30am	Online, Via WebEx Web Platform	Parents/guardians of children and adolescents aged 0-18 living in limerick city and county	To sign up please contact one of the psychology assistants listed on the workshop poster. Posters will circulate to the mailing list 2 weeks before the workshop.  To be added to the mailing list, please contact 061-483692.

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Parenting Limerick is an umbrella organisation composed of a network of groups which offer parenting and family support in Limerick city and county. Parenting Limerick is a sub-group of the Limerick Children and Young People's Services Committee (CYPSC).



Limerick CYPSC is part of a national initiative that brings together senior representatives of agencies that have a remit to deliver services to children, young people and their families around one table. Its purpose is to enhance the coordination of services and improve outcomes for children, young people and families.



Tusla Child and Family Agency is responsible for supporting and promoting the development, welfare and protection of children, and the effective functioning of families. Tusla provides a key operational role in the CYPSC initiative

**LOVE PARENTING**

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Email: [info@loveparenting.ie](mailto:info@loveparenting.ie)

