

September – December 2019

Parenting the Early Years aged 0 – 6 Year olds

Course	Dates	Time	Run by	Open to	Location	Contact	Other Information
The Incredible Years 2 – 12 year olds	Starting Tues 17 th Sept Duration: 12 weekly sessions	9.30am – 12.30am	Joy O’ Shaughnessy, South Dublin County Partnership	Parents of 2 – 12 year olds living in Tallaght & Whitechurch	Killinarden Family Resource Centre	Joy O’ Shaughnessy on 0879808856, or joy.oshaughnessy@sdcpartnership.ie or drop into Killinarden FRC and register your interest	Free of charge with childcare provided
Lifestart Growing Child Programme 0 – 3 year olds	Year round	Home Visitor calls to the home once a month or as agreed with the family	An Cosan	Parents & guardians of 0-3 year living in Tallaght	Visits take place in the home	Bernie at b.coleman@ancosan.com 0860353791 or Lorraine at l.doherty@ancosan.com 0858751034 or 01-4628488	Free of Charge
Parent & Toddler Group 1 – 3 year olds	Wednesday	11am – 12.15pm	An Cosan	Parents & guardians of 1-3 year living in Tallaght	An Cosan, Jobstown	Lorraine at l.doherty@ancosan.com or 0858751034	Free of Charge
Parent & Toddler Group 1 – 3 year olds	Wednesday	11am –12.15	Fledglings, Deerpark, Kiltipper	Parents & guardians of 1-3 year living in Tallaght	Fledglings, Deerpark, Kiltipper	Bernie at b.coleman@ancosan.com or 0860353791	Free of Charge
Sleep Clinic for Parents of Children under 5	Year round	As required	Florence Burns; Public Health Nurse	Parents of children under 5 years, who have difficulty going to sleep and staying asleep	Mary Mercer Health Centre	Florence Burns at 01-4585766	Free of Charge
Parents Plus – Early years	Contact local Family Resource Centre for Dates (You can find your local family resource centre using Tusla’s website) .. http://www.tusla.ie/services/family-community-support/family-resource-centres/find-family-resource-centre						

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Parenting Children aged 6 – 11 Years old

Course	Dates	Time	Run by	Open to	Location	Contact	Other Information
The Incredible Years 2 – 12 year olds	Starting Tues 17th Sept Duration: 12 weekly sessions	9.30am – 12.30am	Joy O’ Shaughnessy, SDC Partnership	Parents of 2 – 12 year olds living in Tallaght & Whitechurch	Killinarden Family Resource Centre	Joy O’ Shaughnessy on 0879808856/ joy.oshaughnessy@sdcpartnership.ie or drop into Killinarden FRC and register your interest	Free of charge with childcare provided
How to Build Self Esteem & Life-skills in Children & Teens	Sat 19 th Oct 2019 Duration: 1 day	10am – 4.15pm	Suzanne Lindsay, Foróige	Parents & guardians of 6 – 16 year olds living in Tallaght & Whitechurch	Foróige Tallaght Youth Service, Main Road, Tallaght Village	Suzanne at suzanne.lindsay@foroige.ie , 4516322 or 0867969726	Free of Charge

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Parenting Teens aged 12 – 16 Years old

Course	Dates	Time	Run by	Open to	Location	Contact	Other Information
Parents Plus: Parenting Teens Evening Course	Starting Mon 23rd September Duration: 7 sessions once a week (We will skip 28 th Oct)	6.45pm– 9pm (Evening)	Suzanne Lindsay, Foróige	Parents & guardians of 12 – 16 year olds living in Tallaght & Whitechurch	Foróige Tallaght Youth Service, Main Road, Tallaght Village	Suzanne at suzanne.lindsay@foroige.ie 4516322 or 0867969726	Free of Charge
Parents Plus: Parenting Teens Morning Course	Starting Thurs 7th November Duration: 7 sessions once a week	9.45am – 12pm (Morning)	Suzanne Lindsay, Foróige	Parents & guardians of 12 – 16 year olds living in West Tallaght	Foróige Jobstown 18 Kiltalown Way, Tallaght, Dublin 24	Suzanne at suzanne.lindsay@foroige.ie 4516322 or 0867969726	Free of Charge
How to Build Self Esteem & Life-skills in Children & Teens	Sat 19th Oct 2019 Duration: 1 day	10am – 4.15pm	Suzanne Lindsay, Foróige	Parents & guardians of 6 – 16 year olds living in Tallaght & Whitechurch	Foróige Tallaght Youth Service, Main Road, Tallaght Village	Suzanne at suzanne.lindsay@foroige.ie , 4516322 or 0867969726	Free of Charge with sandwiches & wraps provided
Parents: Getting Ready for the Teenage Years	Sat 23rd Nov 2019	10am – 5pm	Suzanne Lindsay (Foróige)	Parents & guardians of 11 – 14 year olds living in Tallaght & Whitechurch	Foróige Tallaght Youth Service, Main Road, Tallaght Village	Suzanne at suzanne.lindsay@foroige.ie , 4516322 or 0867969726	Free of Charge with sandwiches & wraps provided

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Heads Up: Mental Health Education Programme for Men aged 18 and over

Course	Dates & Times	Run by	Open to	Location	Contact	Other Information
Heads Up: A Wellness Programme	Tuesday and Wed 10am -1 pm Starting October 1st for 12 weeks .. places still available	South Dublin County Partnership	Men aged 18+ who are having issues with employment, are having difficulties with their mental health and are in distress	Tallaght Village	Catherine Mooney, South Dublin County Partnership 087 247 0464 or catherine.mooney@sdcpartnership.ie	Free of Charge
Wellness retreat for men	Sat 14 th Sept – a day retreat to Glenree, for relaxation, Mindfulness, walking and art. Lunch included	South Dublin County Partnership	Men aged 18+ issues with employment & mental health	Pick up points Tallaght and Clondalkin	Catherine Mooney, South Dublin County Partnership 087 247 0464 or catherine.mooney@sdcpartnership.ie	€5 cost with registration

Sportivate starting the 30th Sept in Brookfield Community Centre and is for 18-25 years that have an interest in the sport industry, and would like to further education or enhance a career in sport. Training Allowance provided if students meet the criteria. Contact Máirín at 086 4177709 for more information

Tallaght Library regularly run workshops and events for adults (including parents), children and teens – information on these is available at <http://www.southdublinlibraries.ie/find-library/county-library-tallaght>

Adult Education Programmes available at <https://www.fetchcourses.ie/>