



Autumn 2018 Calendar of Events in Mohill Family Support Centre CLG

Event in Mohill FSC	Date	Description
Monthly coffee mornings	Second Thursday of every month in the Centre 11am -1pm	Monthly coffee morning to support local and national charities
Registration for Youth Café	Monday 3 rd of September from 6-7.30pm	Contact the centre on 071 9631253 for more information
Youth Café	Monday 10 th of September	From 6-7pm for 8-10 years From 7-8pm for 10-12 years
Foroige	Friday 14 th of September	From 7-8.30pm. If you are aged between 12- 18 years come along and have some fun in a safe and relaxed environment.
Drop in Clinic - This service is free and confidential.	Every Thursday of the month	If you need assistances and support with parenting, completion of forms or need information in relation to other matters. Pop into the centre and meet Laura who will assist support you. This service is free and confidential.
Art and Crafty afternoon for 5-10 year olds	1 st September, 6 th October, 3 rd November and the 1 st December	Continuing on the first Saturday of every month 1pm -3pm. Come along and be creative and have some fun.
Mohill Parent and Toddler Group	Every Tuesday morning from 11am to 12.30pm	New members always welcome.
Ballinamore Parent & Toddler Group (library)	Resuming Wednesday the 12 th of September from 10am – 12pm	New members always welcome.
Ballinamore Outreach Service	Resuming on Wednesday the 12 th of September from 12pm – 2pm.	If you need support in completing forms or any other assistance pop in and see Laura in Ballinamore library
Carrigallen Parent & Toddler Group (Carigallen day care centre)	Resuming on Friday the 14 th of September from 10.30 – 12pm.	Join us all new members always welcome.
Carrigallen Outreach Service (Carigallen day care centre)	Resuming on Friday the 14 th of September from 12.30pm – 2pm	If you need support in completing forms or any other assistance pop in and see Laura.
Women Suffrage Programme	This group will be resuming in September	This group will be resuming in September
Knowledge is Key – Coding and Cyber Safety	Saturday the 13 th of October 11-2pm in Mohill Family Support Centre.	You must have your own computer. For more information and to book a place contact one of the team on 071 9631253
Women Group	Returns Tuesday 11 th September.	This group meets every second Tuesday of every month at 8pm. New members always welcome.
GROW Network	Every Tuesday in the centre at 2.15pm.	GROW is a confidential support group which promotes mental health through a 12 step programme.
Event in Mohill FSC	Date	Description

Men's Group	Returns Wednesday 5 th of September at 8pm.	Meet in Mohill Family Support Centre every Wednesday at 8pm. New members always welcome.
Holistic Health Workshops	Commencing in Mohill Family Support Centre the end of October To secure your place contact Mohill Family Support centre and speak to one of the team in the Centre on 071 9631253	6 week workshops with Mindfulness, Yoga, Positive Mental Health and Visualisation workshops. Will take place in mornings.
Yoga with Denise Yoga Cost €60 for 6 week course	Saturday the 8 th of September for 6 weeks from 12pm – 1pm	To secure your place contact Mohill Family Support centre and speak to one of the team in the Centre on 071 9631253
Safe talk – This event is FREE	September 10 th is World Suicide Prevention Day. September 10 th from 10am to 1pm. To secure your place contact Mohill Family Support centre and speak to one of the team in the Centre on 071 9631253	Mohill FSC are running a free “Safe Talk” in conjunction with Living Works. The work shop will focus on how to access supports from local community resources, audio visuals learning aids, the simple yet effective TALK steps Tell, Ask, Listen and Keep safe and hands on skills practice and development.
Mohill Area Action On Alcohol Mis -use	Resuming on Tuesday the 11 th of September at 8pm	New members always welcome.
NEW - Parents Peer Network - Supporting Parents who have children with disabilities aged 0 – 12 years	Friday 14 th of September from 11.30 am – 12.30pm in the centre	This is a new group which will support parents who have children with disabilities, to support one another. You will gain peer support from other parents.
Ploughing Championships	19 th September bus leaving at 7am	Bus to leave Mohill Family Support Centre at 7am. The bus is being organised by Mohill's Men Group and Mohill's Women Group.
Irish Hospice Coffee Morning	20 th September - 11am - 1 noon	Pop in have tea/coffee and a chat while supporting a good cause.
Carers Group	Resumes Wednesday 26th September.	This group meets the last Wednesday of every month at 8pm. New members always welcome.
Mindfulness	Dates to be confirmed	Will be coming soon – watch our face book page for dates
Cyber Safety and Awareness for Parents	Dates to be confirmed. To secure your place contact	Will be coming soon – watch our face book page for dates.
Story Sacks This course is funded through Mayo-Sligo-Leitrim Education and Training Board (ETB).	Thursday 11am to 1pm October 11 th , 18 th , 25 th November 1 st , 8 th , 15 th To book a place or for more information please contact the centre on 071 9631253 and speak to a member of staff.	This 6 week course will aim to improve parental confidence and interest in books by making a story bag. Identify what makes a good book and choose books for their children. Practise using voice control to introduce drama and emotion into storytelling. Learn about opportunities to extend talk and vocabulary through sharing stories. Make a story bag with props and game for a chosen storybook.

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Money Matters This course is funded through Mayo-Sligo-Leitrim Education and Training Board (ETB).	Mondays 2pm -4pm Dates - October 15th, 22nd & 29th November 5th, 12th & 19th To book a place or for more information please contact the centre on 071 9631253 and speak to a member of staff.	This 6 week course will discuss and observe how money and maths are used in everyday life. Help parents to extend their children's opportunities to learn maths. Learn how to get the best food value for the least cost. Get ideas for recycling and reusing everyday items and home recipes for cleaning products.
Rainbows Information evening for parents, families and professionals. The Rainbows programme is to support children with bereavement and parental separation.	Thursday 20th of September from 7pm – 9pm in Mohill Family Support Centre.	Introduction to Rainbows and different age groups the programme is suitable for.
NEW - Mohill Drama Workshops	Commencing Friday the 28th of September, from 6-8pm. (Fortnightly). For more information contact the centre on 071 9631253 and speak to one of the team.	Will run for 6 weeks. Aimed at young people aged between 8-12 years. Drama workshops with the aim of starting a drama group and putting a production together.
Parent and Child Cookery Course	Commencing Tuesday 2nd October finishing Tuesday 6th of November. From 7.30-9pm.	6 weeks parent and child cookery course. To book your place contact the centre on 071 9631253 to speak to one of the team.
Rainbows	Dates to be confirmed	9 week programme commencing the end of October.
Parenting when Separated	Dates to be confirmed	Commencing the end of October and will work in line with Rainbows programme for Parents
Halloween Disco	Friday 2nd of November 7.30-9pm.	Open to all young people aged up to 10 years. €5 admission. Family concessions in place.
Open Health Day	Thursday 15th of November 10am-1pm.	Irish Heart Foundation, Marie Keating Foundation plus many more.
Christmas Craft Fair and Santa Grotto	Sunday 2nd of December 12-4pm	Come along and get into the festive spirit and meet Santa.
Christmas Disco	Friday 21st December 7-8.30pm.	Open to young people 7 and upwards. €5 per child, family concessions in place.