

# Events Calendar Sept-Dec 2018

Monthly Coffee mornings  
2nd Thursday every month  
11am-1pm

**Youth Café** returns September 10 meeting every Monday night at 6pm for 8-10 yr olds and 7pm for 10-12 yr olds

**Foroige** returns September 14th Friday Nights 7-830pm

Parent Support Drop-in Clinic  
Thursdays 11am 12:30pm  
Mohill Family Support Centre  
Contact Laura 086603597/ 071 9631253  
laura@mohillfsc.info

Art and Craft mornings for 5-10 year olds 1-3pm  
1st Saturday of every Month

**Mohill Toddler Group**  
Mohill Toddlers meet every Tuesday upstairs in Mohill Family Support Centre  
11 to 12.30  
All welcome  
€2 donation covers refreshments

Ballinamore Parent and Toddler Group will return to Ballinamore Library Wednesday 12th of September 10-12 noon. Great group for Adults & Babies/Toddlers to meet new people & share stories. Contact Laura on 086 6035977 for more information on this group.

**Ballinamore Outreach Service**  
The outreach service will be resuming on Wed. September 12th from 12-1pm. If you need support in completing forms or any other assistance pop in and see Laura  
086 6035977

**Carrigallen Parent and Toddler Group**  
This group will be resuming on Friday 14th of September from 10:30am to 12pm.  
New Members always welcome  
Call Laura on 086 6035977 for more information

**Carrigallen Outreach Service**  
This outreach service will resume on Friday September 14th from 12:30-2:00pm  
If you need assistance completing any forms or any other support call in and see Laura  
086 6035977

**Women's Suffrage Programme**  
This group will be resuming in September. Dates and Times to be confirmed. Contact Laura in Mohill Family Centre at 086 6035977 for more information.

**Knowledge is Key-Coding and Cyber Safety**  
Saturday 13th of October 11-2pm  
For more information /to book a place please contact one of the team at 071 9631253  
\*You must have your own computer

**Women's Group**  
2nd Tuesday's Monthly  
8pm

GROW Network meet in Mohill Family Support Centre every Tuesday at 2:15  
World Mental Health Movement in Ireland

**Men's Group Returns**  
September 5th at 8pm and every Wednesday

**Holistic Health Workshops** will take place in the Centre towards the end of October  
Call 0719631253 for more information

**YOGA**  
Saturdays 12-1  
September 8th - October 13th

**Mohill Area Action on Alcohol Misuse**  
Resumes Tuesday 9th of October At 8:30pm

**Mohill Active Age Group**  
Meet in The Hall Wednesday 3pm  
If you are interested in joining this group  
Call Bridie on 071 9631735

**Parents Peer Network**  
Supporting Parents who have Children with disabilities from 0-12yrs  
Friday 14th of September from 11.30 am -12.30pm and every second Friday of the month.

Parenting when Separated  
Practical & Positive course for parents preparing for or going through divorce/separation  
6 week course starting Thursday 18th of October  
Empowering Professionals to Support Families 6:30-9pm  
For more information contact Laura on 086 6035977

**Cyber Safety and Awareness for Parents**  
Dates to be confirmed  
Keep an eye on our Facebook page for details

**Carers Group**  
Returns Wednesday 26th of September. This group meets on the last Wednesday of every month at 8pm.  
New Members are always welcome

**Mindfulness**  
8 week course starting Thursday 27th of September 7-9:30pm

**Walking Group**  
Walking Group meet outside Mohill Family Support Centre on Monday mornings at 11am. Open to all - dogs must be kept on a leash and muzzled if necessary - If interested in joining just meet us outside the centre on Mondays or contact Laura on 086 6035977.

**Story Sacks**  
Thursdays 11am-1pm  
October 11th, 18th and 25th  
November 1st, 8th and 15th  
This course is funded through Mayo-Sligo-Leitrim Education and Training Board (ETB)  
To book a place or for more information please contact the centre on 0719631253 and speak to a member of staff.

**Money Matters**  
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 and lots more. For more information please contact the centre on 071 9631253.  
Mondays 2pm -4pm Dates -Oct 15th, 22nd & 29th and Nov 5th, 12th & 19th  
This course is funded through Mayo-Sligo-Leitrim Education and Training Board (ETB)

**Rainbows Ireland**  
Information evening for parents and families.  
20th of September 7:00-9:00pm  
Rainbows is a free, voluntary service for children and young people experiencing loss following bereavement and parental separation.

**Mohill Drama Workshops** (8-12yr olds)  
Starts Friday 28th of September, 6-8pm  
Running for 6 weeks (fortnightly) with an aim to start a Drama Group and put a production together  
Call 071 9631253 and talk to a member of the team for more information

**Parent and Child Cookery Classes**  
Six week course beginning 2nd October 7:30-9pm  
For more information Contact Laura on 086 6035977 (finishing Tuesday Nov. 6th)

**pobal**  
government supporting communities

**HALLOWEEN HALLOWEEN DISCO TUESDAY 30TH OF OCTOBER 7.30-9PM. (UP TO 10 YEAR OLDS). WEAR YOUR SCARIEST COSTUMES AS PRIZES TO BE WON ON THE NIGHT. IN MOHILL FAMILY SUPPORT CENTRE**

**Christmas Disco**  
Friday 21st December 7-8.30pm  
Open to young people 7 and upwards. €5 per child. family concessions in place

**Christmas Craft Fair and Santa's Grotto**  
Come along and get into the festive spirit...and meet Santa  
Sunday 2nd December 12-4pm  
In Mohill Family Support Centre

**TUISLA**  
An Ghníomhaireacht um Leanaí agus an Teaghlach  
Child and Family Agency



<b>Monthly Coffee Mornings</b> take place every 2nd Thursday Monthly supporting local and national charities
<b>Youth Café</b> returns Monday 10th of September. 6-7pm for 8 to 10 yr olds and 7-8pm for 10-12 yr olds
<b>Foreoige</b> returns September 14 on Friday nights from 7-8:30pm open to all 12-18 year olds
<b>Parent Support Drop In Clinic</b> Thursday 11am-12:30pm If you need assistance 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
<b>Arts and Crafts</b> afternoon for 5-10 year olds. 1st September, 6th October, 3rd November and the 1st December. Continuing on the first Saturday of every month 1pm-3pm. Come along and be creative and have some fun
<b>Mohill Parent and Toddler Group</b> Every Tuesday morning from 11am to 12.30pm. New members always welcome.
<b>Ballinamore Parent &amp; Toddler Group</b> (library) Resuming Wednesday the 12 <sup>th</sup> of September from 10am-12pm. New members always welcome.
<b>Ballinamore Outreach Service.</b> Resuming on Wednesday the 12 <sup>th</sup> of September from 12pm-2pm. If you need support in completing forms or any other assistance pop in and see Laura in Ballinamore library
<b>Carrigallen Parent &amp; Toddler Group</b> (Carigallen Day Care Centre) Resuming on Friday the 14 <sup>th</sup> of September from 10.30-12pm
<b>Carrigallen Outreach Service</b> (Carigallen day care centre) Resuming on Friday the 14 <sup>th</sup> of September from 12.30pm-2pm If you need support in completing forms or any other assistance pop in and see Laura.
<b>Women Suffrage Programme</b> This group will be resuming in September
<b>Knowledge Is Key-Coding and Cyber Safety</b> Saturday 13th of October 11am -2pm
<b>Women's Group</b> Meet second Tuesday every month at 8pm
<b>GROW Network</b> meet every Tuesday at 2:15
<b>Men's Group</b> Every Wednesday night at 8pm
<b>Holistic Health Workshops</b> will take place towards the end of October
<b>Yoga with Denise</b> starts Saturday 8th of September (6 weeks) 12pm -1pm €60 for entire course or €12 per session
<b>Parents Plus Parenting when Separated</b> is a practical and positive evidence based course for parents who are preparing for, going through or have gone through a separation or divorce. This is a six week course starting on Thursday 18th of October from 6:30-9pm. The course will be facilitated by Laura from MFSC and Catherine from Lifestart
<b>Mohill Area Action on Alcohol Abuse</b> Resumes Tuesday September 11th (monthly meetings)
<b>Parents Peer Network</b> -Supporting Parents who have children with disabilities aged 0-12 years. Friday 14 <sup>th</sup> of September from 11.30 am -12.30pm and every second Friday of the month. This is a new group which will help parents who have children with disabilities to support one another. You will gain peer support from other parents
<b>Carers Group</b> returns 26th of September meeting on the last Wednesday of every month at 8pm
<b>Cyber Safety and Awareness for Parents</b> Will be coming soon -watch our Facebook page for dates.
<b>Story Sacks</b> Thursday 11am to 1pm Oct 11th, 18 <sup>th</sup> , 25 <sup>th</sup> Nov 1st, 8th, 15 <sup>th</sup> 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.
<b>Money Matters</b> Mondays 2pm -4pm Dates-Oct 15th, 22nd & 29 <sup>th</sup> Nov 5th, 12th & 19 <sup>th</sup> . 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
<b>Rainbows Information Evening</b> for parents, families and professionals. The Rainbows programme is to support children with bereavement and parental separation. Thursday 20th of September from 7pm-9pm
<b>Mohill Drama Workshops</b> Commencing Friday the 28 <sup>th</sup> of September, from 6-8pm. 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
<b>Parenting When Separated</b> Commencing the end of Oct. and will work in line with Rainbows programme for Parents
<b>Parent + Child Cookery Classes.</b> 2nd Oct - 6th Nov. This is a six week course from 7:30-9pm Tuesdays
<b>Halloween Disco</b> takes place Tue 30th of October from 7:00-8:30pm. Prizes for scariest costume and more (-10yr olds)
<b>Christmas Disco</b> will take place at 7-8:30pm on Friday 21 of December €5 per child (family concessions)
<b>Walking Group</b> meets outside the Centre every Monday at 11am. Dogs must be kept on a leash and muzzled if needed
<b>Christmas Craft Fair and Santa's Grotto</b> Sunday 2nd of December 12-4pm come along and meet Santa