

Karen (Mother)

"I've told my friends about the course and I would recommend it for any family. It made a difference to how we do things in our family and life seems to run more calmly and smoothly!"

HSE and Tusla recommend the Parenting Courses listed below

Parenting courses are provided in your community by HSE and Tusla, in partnership with Family Resource Centres and Community and Voluntary groups.

These courses give you as parents the opportunity to discuss parenting and explore and practice different ways of interacting with your children. This supports improved confidence and less stress for parents, and improved communication, quality family relationships and happy, confident and resilient children.

## Parenting Courses in Sligo Leitrim, West Cavan - April 2019

prepared by Parenting Hub Support Worker, further information contact [kaysligochildcare@gmail.com](mailto:kaysligochildcare@gmail.com) Phone 071/9148860

For Who?	Where?	What & When?	How can I find out more or book a place?	Cost?
Parents of children <b>2 -10 years</b>	Sligo  Markievicz House, Conference Room Barrack Street, Sligo	<b>Triple P Positive Parenting Course</b>  <b>Group</b> every Wed May 1st to 22 <sup>nd</sup> and June 5 <sup>th</sup> <b>Time:</b> 7-9pm <b>Workshop</b> - Dealing with Disobedience Wed 29 <sup>th</sup> May 7-9pm <b>Workshop</b> - Managing Fighting and Aggression Wed June 12 <sup>th</sup> <b>Time</b> 7-9pm <b>Workshop</b> - Developing good bedtime routine' Wed June 19 <sup>th</sup> <b>Time</b> 7-9pm	Contact Kay at Sligo County Childcare Committee 0719148860 or <a href="mailto:kaysligochildcare@gmail.com">kaysligochildcare@gmail.com</a>	Free
	Sligo  Ballymote Family Resource Centre, Keash Road, Ballymote, Co. Sligo	<b>Triple P Positive Parenting Course</b>  <b>Group</b> To be confirmed depending on demand 7-9pm <b>Workshop</b> - Dealing with Disobedience Tue May 7 <sup>th</sup> <b>Time</b> 7-9pm	Contact Kay at Sligo County Childcare Committee 0719148860 or <a href="mailto:kaysligochildcare@gmail.com">kaysligochildcare@gmail.com</a>	Free
	Leitrim  Education Centre, Carrick on Shannon	<b>Triple P Positive Parenting Course</b>  <b>Group</b> very Thursday May 2 <sup>nd</sup> to 23 <sup>rd</sup> and June 13 <sup>th</sup> <b>Time:</b> 7-9pm <b>Workshop</b> - Developing good bedtime routines Thurs May 30 <sup>th</sup> <b>Time</b> 7-9pm <b>Workshop</b> - Dealing with disobedience Thurs June 6 <sup>th</sup> <b>Time</b> 7-9pm	Contact Kay at Sligo County Childcare Committee 0719148860 or <a href="mailto:kaysligochildcare@gmail.com">kaysligochildcare@gmail.com</a>	Free