



Parenting is Busy and Challenging



It also influences your child's future Health and Happiness



Check out these sites/webpages for more helpful information about children, parenting and services:

www.mychild.ie

www.sligoleitrimdirectory.ie

www.tusla.ie/parenting-24-seven

Find us on Facebook at Sligo Leitrim Parent Hub

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.

Training and Support for Parents in Sligo Leitrim & January 2020

What?	Where?	When?	How can I find out more or book a place?
<p>HOW TO RAISE RESILIENT CHILDREN Is your child anxious, fearful, not handling upset, having difficulty making friends, not coping well with losing, not managing feelings etc? This seminar will support you to help your child be resilient.</p>	<p>Sligo/Leitrim Sligo Park Hotel & Bush Hotel Carrick on Shannon</p>	<p>Sligo: Tues Jan 21st & Leitrim: Thurs Jan 23rd NO BOOKING REQUIRED</p>	<p>For more information, contact Teresa on 071-9135076 or Aolish on 087-7391569</p>
<p>Parents Plus Early Years Programme An evidence-based parenting course promoting confidence, learning and positive behaviour in young children aged 1 to 6 years.</p>	<p>Leitrim Kinlough Claudia's Café</p>	<p>Wed 22nd January - 19th March Running for 8 weeks 10.00am - 12.30pm</p>	<p>To register text 0879143646 or call 0719146315 cost €10 for the parents workbook.</p>
<p>Parents Plus Early Years Programme An evidence-based parenting course promoting confidence, learning and positive behaviour in young children aged 1 to 6 years</p>	<p>Leitrim Mohill Family Support Centre Canon Donohue Hall Upper Main Street Mohill.</p>	<p>March 2020 Times to be confirmed (based on most suitable time for parents).</p>	<p>For more information or to reserve your place, please contact: Laura 086-603 5977 or Catherine 086-1851654</p>
<p>Parents Plus Adolescent Programme An evidence-based parenting course promoting effective communication and positive relationships in families with adolescents aged 11 to 16 years.</p>	<p>Leitrim Feroige Leitrim Road, Carrick-On-Shannon.</p>	<p>Starting in February 2020</p>	<p>For more information or to reserve your place, please contact: Denise/Sarah On 071-9620555</p>
<p>Triple P Positive Parenting Course Group-30th Jan, 6th,13th,20th Feb, Mar 12th Time:6.30pm-8.30pm Feedback from a parent who attended a Group recently said, "Best programme I've attended, I feel I have more control as a parent" Another parent who attended a workshop said the clear calm instruction strategy was very helpful in teaching their children limits.</p>	<p>Leitrim Education Centre Carrick on Shannon</p>	<p>Starting in January 2020</p>	<p>To book a place Contact Aolish at aolishsligochildcare@gmail.com or phone 087-7391569</p>
<p>Parents Workshop: Helping The Struggling Speller</p>	<p>Sligo Sligo Education Centre</p>	<p>Tuesday 3rd March 19:00-21:00</p>	<p>To register text the work SPELLING followed by your name to 0879143646.</p>
<p>Triple P Positive Parenting Course Group-29th Jan, 5th,12th,19th Feb, Mar 11th Feedback from a parent who attended a Group recently said, "Best programme I've attended, I feel I have more control as a parent" Another parent who attended a workshop said the clear calm instruction strategy was very helpful in teaching their children limits.</p>	<p>Sligo Markievicz House, Conference Room Barrack Street, Sligo.</p>	<p>Starting in January 2020</p>	<p>To book a place Contact Aolish at aolishsligochildcare@gmail.com or phone 087-7391569</p>
<p>Listening & Speaking Through Puppetry QQI Level 2 Would you like to develop your child's language and learning skills with the use of props and puppets? If so this course is for you.</p>	<p>Sligo Sligo Family Resource Centre</p>	<p>Monday 20th January to Monday 6th April 2020</p>	<p>Contact Joan Moffit on 087-6551796 or email joanmoffit@msletb.ie</p>

Training and Support for Parents in Sligo Leitrim & January 2020

What?	Where?	When?	How can I find out more or book a place?
<p style="text-align: center;">Rainbow Programme</p> <p>The Rainbows programme supports children and young people affected by loss because of bereavement, separation or divorce.</p>	<p>Sligo Tubbercurry FRC</p>	<p>Group starting January 30th</p> <p>The programmes running in January will be aimed at children affected by separation.</p>	<p>Expressions of interest are now being accepted. Please contact Sandra on 0719186926.</p>
<p style="text-align: center;">Fun with Maths for Parents of Junior Infants to 1st Class Children</p> <p>Learn how to help a child enjoy and learn maths in a fun way. Course will cover addition, subtraction, geometry, fractions, tens & units, data & handling, measurement & capacity and maths games.</p>	<p>Sligo St.Edwards Primary School, Ballytivnan.</p>	<p>Thursdays 16th, 23rd, 30th January. 6th and 13th Feb 2020 10am-12pm</p>	<p>Contact Joan Moffit on 087-6551796 or email joanmoffit@msletb.ie</p>
<p style="text-align: center;">Triple P Positive Parenting Course</p> <p><i>Workshop - Dealing with disobedience</i> Wed 26th Feb Time: 7-9pm</p>	<p>Sligo Markievicz House, Conference Room Barrack Street, Sligo..</p>	<p>February 2020</p>	<p>To book a place Contact Aolish at aolishsligochildcare@gmail.com or phone 087-7391569</p>
<p style="text-align: center;">Triple P Positive Parenting Course</p> <p><i>Workshop - Dealing with disobedience</i> Thurs 27th Feb Time: 6.30pm-8.30pm</p>	<p>Leitrim Education Centre, Carrick on Shannon..</p>	<p>February 2020</p>	<p>To book a place Contact Aolish at aolishsligochildcare@gmail.com or phone 087-7391569</p>
<p style="text-align: center;">Rainbow Programme</p> <p>A programme of support for children and teenagers who have experienced the loss of a parent or other significant person in their lives through separation or death.</p>	<p>Sligo St Michaels Family Life Centre</p>	<p>Tuesday 21st January 2020 6.30pm to 7.30pm</p>	<p>Contact 071-9170329 for further information.</p>
<p style="text-align: center;">Parents Plus Parenting When Separated</p> <p>A practical and positive evidence-based course for parents who are preparing for, going through or have gone through a separation or divorce.</p>	<p>Sligo Sligo County Childcare Offices Open day 5th February @ 10.00 a.m. to 12.00pm</p>	<p>6 week course 10.00a.m. to 12.00p.m.</p>	<p>For more information or to reserve your place, please contact: Karen or Aolish on 071 9148860</p>
<p style="text-align: center;">Lifestart Supporting Parents Shaping Ourselves and Our Children programme</p> <p>Why not come along to find out more about child development, building our children's self-confidence and self-esteem and respect for diversity This programme is FREE,</p>	<p>Leitrim Rossinver Community Centre</p>	<p>29th January for 4 weeks 9.30am-1.30pm Lunch Provided</p>	<p>Contact 0719832970 to book a place.</p>

Other Training and Support for Parents in Sligo Leitrim & West Cavan 2020

<p style="text-align: center;">Bump & Baby Meet Up</p> <p>Make a new friend, enjoy a cuppa, feel supported at our informal meet ups, Breastfeeding friendly.</p>	<p>Sligo Sweet as Diner Facilitated by Michelle Doherty of Mamogs</p>	<p>First Friday of every month 10am-12 noon.</p>	<p>Email: mamogs.mum@gmail.com or phone 087-9287635</p>
<p style="text-align: center;">Ballymote Pram Pals</p> <p>A fun and friendly walk for mums, dads, caregivers, children and their prams. Followed by a social cuppa with the Parent & Toddler group</p>	<p>Sligo Ballymote</p>	<p>Meeting at Ballymote Family Resource Centre Wednesday mornings 10am-11am</p>	<p>For more information contact Niamh on 071-9197818</p>
<p style="text-align: center;">Parent Zone</p> <p>One to one informal support for parents of children of all ages including information & advice.</p>	<p>Sligo Sligo FRC.</p>	<p>Every Thursday morning 10am-12pm.</p>	<p>Contact Karen on 087-7555381</p>
<p style="text-align: center;">Peek-a-boo Parent & Toddler Group</p>	<p>Sligo Ballymote FRC.</p>	<p>Every Wednesday Morning 10am-12pm.</p>	<p>Contact Ballymote FRC on 071-9197818/087-2193183</p>
<p style="text-align: center;">Breast Feeding Support Group</p> <p>For Mums, pregnant mums, babies & tots For chat, support, information, tea/coffee</p>	<p>Sligo FRC</p>	<p>On the third Friday of every month. Next meet up is on Friday 17th of January</p>	<p>For more information, call Cathy/Liz on:0719146315</p>
<p style="text-align: center;">Parent & Toddler Group</p> <p>Come along if you are interested in meeting other parents in a fun, social and informal setting.</p>	<p>Sligo St. Edwards National School Ballytivnan</p>	<p>Wednesday 22nd Jan 10am-12pm</p>	<p>Contact Kathleen on 085-8708423 or come along on the day!</p>

If you have an event, programme or group for parents that you would like included on the calendar or you would like more information on the programmes and supports available, contact:

Aolish Gormley, Parent Hub Coordinator, Sligo, Leitrim & West Cavan. **Email:** aolishsligochildcare@gmail.com **Phone:** 087-7391569