

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

Other Training and Support for parents in Sligo Leitrim, West Cavan

April 2019

What?	Where?	When?	How can I find out more or book a place?
Parent Zone One to one informal support for parent of children of all ages including information, advice and signposting	Sligo Sligo Family Resource Centre The Mall, Sligo	Every Thursday morning 10 - 12 pm	Karen 087/7555381
Bumps to babies This group is open to expectant and new parents of babies 0-10 months. The group provides informal peer to peer support, information, advice and signposting to relevant services. It provides parents the opportunity to meet others on the same journey as them	Sligo Tubbercurry Family Resource Centre, Mountain Road, Tubbercurry, Sligo	Every Wednesday Morning 11am-1pm	Mary 071/9186926 086/4092724
MPACT Drugs or Alcohol Abuse Supports families to work together, helping to build better coping strategies. A new, free & confidential 8 week programme.	Sligo The Development Centre, Cleveragh Road, Sligo	Commencing on Wednesday 22 nd May from 6 - 8.30pm	For confidential enquires and / or referrals contact Philip Maree at sligoleitrim@alcoholforum.org Phone 085/8759313
Parent & Child Art Classes Parent of children aged 6 -12 Would you like to be able to draw and paint with your child, learn about colour and shape, explore art using various materials	Sligo Caltragh Community Centre, Sligo	Tuesday afternoon from 4 -5 pm Starting Tuesday 7 th May 2019 4 week course	Phil Brennan, Leader Partnership pbrennan@sligoleader.com Phone: 071/9141138 087/6872777 Joan Moffitt, MSLETB, Quay street, Sligo joanmoffitt@msletb.ie Phone: 071/9138415/15 087/6651796
Getting Ready for School Learn how a child learns and know how to help with homework. Encourage independence. Get practical tips on how to teach language, reading, writing and maths. Do practical cookery course on healthy lunches/snacks? Encourage and encourage and enhance learning in a fun way, Make a memory book for a child	Sligo St. Edwards National School, Ballytivnan, Sligo	Thursday mornings from 10am - 12 noon 5 week course	Joan Moffitt, MSLETB, Quay street, Sligo joanmoffitt@msletb.ie Phone: 071/9138415/15 087/6651796 Elaine Kivlehan, St. Edwards N.S. ekivlehan@stedwards.ie Phone: 086/776956
Giving Mum and Baby the Best Start New Peer Support Breastfeeding Group for all pregnant, New & Experienced Mothers	Sligo Tubbercurry Family Resource Centre, Mountain Road, Tubbercurry, Sligo	Tuesdays 10.30am - 12.30pm	Alison Keane, Lifestart 087/1017127 Lavina Scanlon, Lifestart 086/1300845
Shaping Ourselves and Our Children New course for parents to have fun and learn about how to support their children to develop emotional and social skills that will benefit them throughout their lives	Leitrim Breffni Family Centre Breffni Crescent, Carrick on Shannon Co. Leitrim	Monday 13 th May from 9.30 - 1.30pm 4 week course	To book your place please contact Ann on 086/1652549 or email Lifestart.sinead@gmail.com
Rainbows Ireland Rainbows offers a 9 week listening, group support programme for children following a bereavement or parental separation.	Leitrim Mohill Family Support Centre, Canon Donohue Hall, Upper Main Street, Mohill	When we have enough participants Time: to be confirmed	Laura McHugh 0719631253 086/6035977