

Parenting Training for Sligo & Leitrim

Prepared by Tusla, PPFs Office, October 2018

The Sligo Leitrim Directory

Services in Sligo and Leitrim for children young people and families.

www.sligoleitrimdirectory.ie

Parenting 24/7

An online resource offering evidence based key messages on what works best for children and families at different stages of childhood and in different situations.

www.tusla.ie/parenting-24-seven

Sligo Leitrim Parenting Hub

Please like and share the Parent Hub Sligo Leitrim Facebook page. This provides up to date news on parenting issues in Sligo/Leitrim and general information on all things parenting see

<https://www.facebook.com/SligoLeitrimParentHub/>



Shaping Ourselves and Our Children

An exciting new course for parents to have fun and learn about how their children develop their emotional and social skills at home. Lunch and childcare allowance available. Contact Sinead on 086-7713782, email lifestart.sinead@gmail.com to book your place. Dates: 20th & 30th October, 6th & 13th November. Time: 9.30am -1.30pm. Venue: Drumsna Community Centre, Co. Leitrim.

Triple P Positive Parenting (for parents of 2-10 years old)

Sligo Triple P Public Seminar: Ballymote Wednesday October 17th 7-9pm
Sligo Group programme: Sligo Town - Starting Wednesday October 3rd from 7-9pm
Ballymote - Group starting Tuesday October 23rd from 7-9pm
Leitrim Group Programme: Carrick on Shannon - Starting Tuesday October 16th 7-9pm
To book a place phone the Triple P Office on 071 91 35076.

Parents Plus (Parenting When Separated)

A 6-week course will commence on Thursday 18th of October from 6.30-9pm (excluding Mid-Term). Venue: Mohill Family Support Centre, Mohill, Co. Leitrim. Facilitators: Laura from Mohill Family Support Centre and Catherine from Lifestart. Please contact: Laura on 071 96 31253/086 6035977, email Laura@mohillfsc.info.

Parents Plus (for parents of 6-11 years old)

An evidence based parenting course on promoting confidence, learning and positive behaviour in children. 8-week course starting on 2nd October from 10.30am to 12.30pm. Venue: Sligo Family Resource Centre, 49 The Mall. To book your place phone 0719146315 or TEXT 0879143646.

My Baby & Me

This course that takes place once a week, generally from 10am to 12 noon on a weekday in a Community Centre or Family Resource Centre. Contact: Joan Moffitt 087 6651796 or email.

Family Interpersonal Skills Course

Wednesday morning from 10am to 12 noon in Sligo Family Resource Centre, The Mall ongoing until 19th June 2019. Contact: Joan Moffitt 071 91 38415 087 6651796 (joanmoffitt@msletb.ie), Cathy McGowan 071 91 38415 087 6651796 (infosligofrc@gmail.com).

Events at Mohill Family Support Centre:

- **NEW - Parents Peer Network** - Supporting Parents who have children with disabilities aged birth – 12 years. Meets every second Friday of the month, 11.30 am – 12.30pm in the centre.
- **Story Sacks** - FREE course funded through MSL ETB. This 6-week course will aim to improve parental confidence and interest in books by making a story bag. Thursday 11am to 1pm, October 11th, 18th, 25th, November 1st, 8th, 15th. To book a place or for more information contact 071 9631253.
- **Money Matters** FREE course funded through MSL ETB. This 6-week course will discuss and observe how money and maths are used in everyday life. Mondays 2pm - 4pm Dates - October 15th, 22nd & 29th November 5th, 12th & 19th. To book a place please contact 071 9631253.



Sligo Leitrim Children & Young People's Services Committee (CYPSC)

Securing better outcomes for children and young people by improving provision and delivery of key services by major organisations and agencies working locally.

www.sligoleitrimdirectory.ie