



## 2019 Calendar of Events January to August in Mohill Family Support Centre

Event in Mohill FSC	Date	Description
Monthly coffee mornings	Second Thursday of every month in the Centre - 10.30-12.30	Monthly coffee morning to support local and national charities
Youth Café	Every Monday evening from 6-7pm for 8-10 years	Contact the centre on 071 9631253 for more information.
Youth Café	Every Monday evening - From 7-8pm for 10-12 years	Contact the centre on 071 9631253 for more information
Foroige	Every Friday evening in the Centre from 7-8.30pm	If you are aged between 12- 18 years come along and have some fun in a safe and relaxed environment.
Drop in Clinic - This service is free and confidential.	Every Thursday morning at 11am – 12.30pm in the centre	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 and support you.
Men's Group	Every Tuesday evening at 8pm in the old Tech.	Contact the centre on 071 9631253 for more information on joining this group.
Carer's Group	Resumes Wednesday 30 <sup>th</sup> January at 8pm in the centre.	Contact the centre on 071 9631253 for more information on joining this group.
Art and Crafty afternoon for 5-10 year olds	2 <sup>nd</sup> Feb, 2 <sup>nd</sup> March, 6 <sup>th</sup> April, 4 <sup>th</sup> May, 1 <sup>st</sup> June and 6 <sup>th</sup> July.	Continues on the first Saturday of every month 1pm – 2.30pm. Come along and be creative and have some fun.
Mohill Parent and Toddler Group	Every Tuesday morning from 11am to 12.30pm in the centre	New members always welcome. Contact the centre on 071 9631253 for more information
Ballinamore Parent & Toddler Group (in Ballinamore Library)	Has resumed on Wednesdays from 10am – 12pm	New members always welcome. Contact the centre on 071 9631253 for more information
Ballinamore Outreach Service (in Ballinamore Library)	Has resumed on Wednesdays from 12pm – 1.30pm.	If you need support in completing forms or any other assistance pop in and see Laura in Ballinamore library
Carrigallen Parent & Toddler Group (in Carrigallen day care centre)	Resuming on Friday the 11 <sup>th</sup> of January from 10.30 – 12pm.	Join us - new members always welcome. Contact the centre on 071 9631253 for more information
Carrigallen Outreach Service (in Carrigallen day care centre)	Resuming on Friday the 11 <sup>th</sup> of January from 12.30pm – 2pm	If you need support in completing forms or any other assistance pop in and see Laura.
Women's Group	Resumes 12 <sup>th</sup> of February. This group meets every second Tuesday of every month at 8pm.	New members always welcome. Contact the centre on 071 9631253 for more information
GROW Network	Every Tuesday in the centre at 2.30pm. Enquiries, in confidence, to 086 8516939 or 074 9161628.	GROW is a confidential support group which promotes mental health through a 12 step programme.



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"Help Her Tell"	Dates to be confirmed. Venue Mohill Family Support Centre. This programme is FREE. For more information please contact a member of the team on 071 9631253	The aim of this training is to provide you with the knowledge and skills to support women in your community who may be at risk from domestic violence.
Mohill Area Action On Alcohol Mis-use	Tuesday the 5 <sup>th</sup> of February at 8.30pm	New members always welcome.
Parents Peer Network - Supporting Parents who have children with disabilities aged 0 – 12 years	Friday 8 <sup>th</sup> of February from 11.30am – 12.30pm in the centre	This is a new group which will support parents who have children with disabilities, to support one another. You will gain peer support from other parents.
Parenting when Separated	Wednesday 20 <sup>th</sup> of February - 27 <sup>th</sup> March 6.30pm to 9pm	Commencing the 20 <sup>th</sup> of February for more information contact Laura in the centre
Holistic Well Being Programme Focusing on Mind & Body	Commencing the end of February. This is an 8 week workshop focusing on minding your mental and physical wellbeing.	For more information please contact a member of the team on 071 9631253
Rainbows	Dates to be confirmed for March 2019	For more information contact Laura on 071 9631253
Cyber Safety and Awareness for Parents	Dates to be confirmed. To secure your place contact the centre on 071 9631253	Will be coming soon – watch our Facebook page for dates.
Empowering Parents from the Inside Out Programme - DATES TO BE CONFIRMED	The programme will focus on Behaviour Management, Mindfulness for parents and workshop on maintaining a healthy emotional wellbeing for parents	DATES TO BE CONFIRMED
St Patricks Family Day	This event is free of charge for families.	Watch our Facebook page for more updates.
ASIST	DATES TO BE CONFIRMED	The Applied Suicide Intervention Skills Training (ASIST) is a two-day intensive, interactive course in suicide first-aid that aims to enhance a caregiver's abilities to assist a person at risk to avoid suicide. ASIST is designed to help participants recognise suicidal behaviour, learn how to intervene, and prevent the immediate risk of suicide.
Youth Drama Workshops	Dates and times to be confirmed	Drama Workshops for 8-12 year olds to take place in Mohill Family Support Centre (on a fortnightly basis)
Parent and Child Cookery Course	Commencing June 2019	6 weeks parent and child cookery course. To book your place contact the centre on 071 9631253.



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Easter Camps -2 days	Thursday 25 <sup>th</sup> & Friday 26 <sup>th</sup> of April.	Assorted Camp with Art & Drama Workshops.
August Summer Camps 2 week camps.	Tuesday 6 <sup>th</sup> – Friday 9 <sup>th</sup> of August for 11-14 year olds. Monday 12 <sup>th</sup> – Friday 16 <sup>th</sup> of August for 7-10 year olds.	Contact the centre on 071 9631253 for more information
End of School Year Disco	Friday June 21 <sup>st</sup> from 7pm-8.30pm	Summer Themed Disco open to young people aged up to 10 years.