

BETTER FINGLAS PARENTING SUPPORT CALENDAR OF FREE PARENTING SUPPORTS. JAN TO MARCH 2022



PREGNANCY & NEW PARENTS SUPPORTS

BREASTFEEDING SUPPORT GROUP

DESCRIPTION: A 1HR DROP IN SERVICE. MUMS CAN ATTEND AS NEEDED

DATE: MONDAYS IN 2022 @10.00AM

LOCATION: HOME /ZOOM

PREGNANCY YOGA

DESCRIPTION: SESSIONS WILL FOCUS ON BREATHING AND RELAXATION TOOLS TO HELP YOU DE-STRESS ,PREPARE FOR LABOUR, BIRTH AND BEYOND
DATES: WEDNESDAYS FROM 12TH JANUARY FROM 6PM

LOCATION: HOME/ZOOM

ANTE NATAL WORKSHOPS:

DESCRIPTION: 4 WEEK ANTE NATAL CLASSES FOCUSING ON PREPARATION FOR BIRTH

DATES: MONDAY 17TH JANUARY FROM 2- 4PM

LOCATION: ST HELENAS RESOURCE CENTRE , FINGLAS

NEW MUMS WELLBEING GROUP

DESCRIPTION: 5 WEEK PROGRAMME TO SUPPORT NEW MUMS IN THEIR PARENTING JOURNEY

DATES: THURSDAYS 20TH JANUARY FROM 10AM

LOCATION: HOME/ZOOM

EARLY YEARS SUPPORTS

PEEPS-BABY STAY AND PLAY

DESCRIPTION: 5 WEEK GROUP TO ENCOURAGE SIMPLE WAYS OF SUPPORTING YOUR BABY OR CHILD'S PLAY AND LEARNING
DATES: FRIDAYS 28TH JANUARY FROM 10-12PM

LOCATION: HOME/ZOOM



BABY MASSAGE GROUP

DESCRIPTION: A 5WEEK GROUP TO SUPPORT ONE TO ONE TIME WITH YOUR BABY AND LEARN THE MASSAGE TECHNIQUES

DATES: TUESDAY 25TH JANUARY FROM 10-11AM OR
TUESDAY 25TH JANUARY FROM 11.30-12.30PM

LOCATION: ST HELENAS RESOURCE CENTRE, FINGLAS

SCHOOL AGE SUPPORTS

TRIPLE P FEARLESS SEMINAR

DESCRIPTION: A 2HR SESSION FOR PARENTS OF CHILDREN (AGED 6-14) WHO WOULD LIKE TO GET SOME TIPS ON ANXIETY MANAGEMENT FOR THEIR FAMILY
DATES: MONDAY 24TH JANUARY FROM 10-12PM OR TUESDAY 25TH OF JANUARY FROM 7-9PM

LOCATION: HOME/ZOOM

TRIPLE P FEARLESS GROUP

DESCRIPTION: A 3 WEEK GROUP FOR PARENTS OF CHILDREN (AGED 6-14). THE COURSE WILL LEARN PARENTS TO TEACH THEIR CHILDREN HOW TO MANAGE ANXIETY/ANXIOUS SITUATIONS EFFECTIVELY
DATES: MONDAY 31ST JANUARY FROM 10-12PM OR TUESDAY 1ST OF FEBRUARY FROM 7-9PM

LOCATION: HOME/ZOOM

TRIPLE P RAISING RESILIENT CHILDREN SEMINAR

DESCRIPTION: AN ENGAGING AND INFORMAL 1.5HR PRESENTATION FOR PARENTS OF CHILDREN (AGED2-10)

DATES: THURSDAY 20TH JANUARY FROM 10-11.30M

LOCATION: HOME/ZOOM

TRIPLE P GROUP

DESCRIPTION: A 7 WEEK GROUP FOR PARENTS OF CHILDREN (AGED2-10) WHO HAVE CONCERNS ABOUT A CHILD'S BEHAVIOUR

DATES: THURSDAY 27TH JANUARY FROM 10-11.30M

LOCATION: HOME/ZOOM

ALL AGE SUPPORTS

CIRCLE OF SECURITY TASTER SESSION

Description: A 1hr Introductory session to the Circle of Security Programme.

Date: Tuesday 11th January @10.30am

Location: Home /Zoom

CIRCLE OF SECURITY GROUP

DESCRIPTION: 8 WEEK PROGRAMME THAT FOCUSES ON HOW SECURE PARENT-CHILD RELATIONSHIPS CAN BE SUPPORTED AND STRENGTHENED. FOR PARENTS/GUARDIANS OF 2YRS+

DATES: MONDAYS JANUARY 17TH TO MARCH 7TH FROM 10.30-12PM

LOCATION: HOME/ZOOM

THE MINDFUL PARENT

DESCRIPTION: 5 WEEK PROGRAMME THAT AIMS TO BRING MINDFUL PRESENCE AND ATTENTION TO OUR INTERACTIONS WITH OUR CHILDREN

DATES: FRIDAY JANUARY 21ST FROM 10-12PM 10.30-12PM

LOCATION: ST HELENAS RESOURCE CENTRE, FINGLAS

