



# Midlands Area Parenting Partnership

*Delivering Triple P positive parenting programmes to Parents in Laois, Offaly, Longford & Westmeath*

Longford	April – June 2019	2 Hour workshops
<b>Two hour Topic Based Workshops for Parents of 2-10 year olds</b>	<b>Date/Time</b>	<b>Venue</b>
Dealing with Disobedience	Tuesday 9th April 10am-12noon	Primary Care Centre, Ballyminion, Longford
Dealing with Disobedience	Tuesday 9th April 7.30pm -9.30pm	Family Centre, St. Mel's Rd., Longford Town
Dealing with Disobedience	Tuesday 25th June 7.30pm -9.30pm	Family Centre, St. Mel's Rd., Longford Town
Managing Fighting & Aggression	Thursday 27th June 10am-12noon	Primary Care Centre, Ballyminion, Longford



Please note our calendar is subject to change

For bookings/enquiries, please contact us on (090) 64 47111

Website [www.askaboutparenting.ie](http://www.askaboutparenting.ie)

Our Facebook page: askaboutparenting



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Longford	April – June 2019	2 Hour workshops
<b>Two hour Topic Based Workshops for Parents of 11-15 year olds</b>	<b>Date/Time</b>	<b>Venue</b>
Getting Teenagers to Cooperate	Thursday 30th May 10am-12noon	Primary Care Centre, Ballyminion, Longford

Longford	April– June 2019	7 Week Programmes
<b>7 Week Programmes</b>	<b>Date/Time</b>	<b>Venue</b>
Teen Programme for parents of 11-15 year olds	Tuesday 7 <sup>th</sup> May 7.30pm	Family Centre, St. Mel's Road, Longford Town



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Westmeath	April– June 2019	2 Hour workshops
<b>Mullingar Area</b>		
<b>Two hour Topic Based Workshops for Parents of 2-10 year olds</b>	<b>Date/Time</b>	<b>Venue</b>
Dealing with Disobedience	Tuesday 18 <sup>th</sup> June 7.30pm – 9.30pm	Westmeath Community Development Offices, Mullingar
Managing Fighting and Aggression	Tuesday 18 <sup>th</sup> June 7.30pm – 9.30pm	Westmeath Community Development Offices, Mullingar
<b>Two hour Topic Based Workshops for Parents of 11-15 year olds</b>	<b>Date/Time</b>	<b>Venue</b>
Coping with Teenagers Emotions	Tuesday 18 <sup>th</sup> June 10am – 12pm	Westmeath Community Development Offices, Mullingar
Getting Teenagers to cooperate	Tuesday 18 <sup>th</sup> June 10am – 12pm	Westmeath Community Development Offices, Mullingar



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Westmeath	April – June 2019	2 Hour workshops
Athlone		
<b>Two hour Topic Based Workshops for Parents of 2-10 year olds</b>	<b>Date/Time</b>	<b>Venue</b>
Developing good Bedtime routines	Tuesday 9 <sup>th</sup> April 7pm-9pm	Athlone Education Centre, Athlone
Managing Fighting and Aggression	Tuesday 25 <sup>th</sup> June 7pm-9pm	Athlone Education Centre, Athlone
Dealing with Disobedience	Thursday 27 <sup>th</sup> June 10am- 12pm	Clonbrusk Resource Centre, Athlone

Westmeath	April – June 2019	2 Hour workshops
<b>Two hour Topic Based Workshops for Parents of 11-15 year olds</b>	<b>Date/Time</b>	<b>Venue</b>
Getting Teenagers to Cooperate	Tuesday 18 <sup>th</sup> June 10am – 12pm	Clonbrusk Resource Centre, Athlone
Coping with Teenagers Emotions	Tuesday 25 <sup>th</sup> June 7pm- 9pm	Athlone Education Centre, Athlone



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Westmeath		
April – June 2019		
7 week Programme		
7 Week Programmes	Date/Time	Venue
Junior Programme for parents of 2-10 year olds	Tuesday 30 <sup>th</sup> April 10am -12pm	Westmeath Community Development Offices, Mullingar
Junior Programme for parents of 2-10 year olds	Wednesday 1 <sup>st</sup> May 10am -12pm	Athlone – Venue to be confirmed
Teen Programme for parents of 11-15 year olds	Tuesday 30 <sup>th</sup> April 7 30pm -9.30pm	Westmeath Community Development Offices, Mullingar
Teen Programme for parents of 11-15 year olds	Thursday 9 <sup>th</sup> May 10am -12pm	Clonbrusk Resource Centre, Athlone



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Laois	April – June 2019	2 Hour workshops
<b>Two hour Topic Based Workshops for Parents of 2-10 year olds</b>	<b>Date/Time</b>	<b>Venue</b>
Dealing with Disobedience	Wednesday 12 <sup>th</sup> June 7pm-9pm	Family Resource Centre, Mountmellick
Dealing with Disobedience	Tuesday 18 <sup>th</sup> June 10am-12pn	Treo Nua Resource Centre, Portlaoise
Dealing with Disobedience	Tuesday 25 <sup>th</sup> June 7pm-9pm	Family Resource Centre, Mountmellick
Managing Fighting & Aggression	Tuesday 25 <sup>th</sup> June 7pm-9pm	Portlaoise Education Centre, Portlaoise
<b>Two hour Topic Based Workshops for Parents of 11-15 year olds</b>	<b>Date/Time</b>	<b>Venue</b>
Coping with Teenagers' Emotions	Tuesday 18 <sup>th</sup> June 7pm-9pm	Portlaoise Education Centre, Portlaoise
Getting Teenagers to Cooperate	Thursday 25 <sup>th</sup> June 10am-12pm	Treo Nua Resource Centre, Portlaoise



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Laois	April – June 2019	7 week Programme
7 Week Programmes	Date/Time	Venue
Junior Programme for parents of 2-10 year olds	Tuesday 30th April 10am-12pm	Portlaoise Education Centre, Portlaoise
Junior Programme for parents of 2-10 year olds	Wednesday 1st May 7pm	Borris in Ossary Venue to be confirmed
Teen Programme for parents of 11-15 year olds	Tuesday 30th April 7pm -9pm	Mountmellick Family Resource Centre,



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Offaly			April – June 2019			2 Hour workshops		
Two hour Topic Based Workshops for Parents of 2-10 year olds			Date/Time			Venue		
Dealing with Disobedience			Wednesday 3 <sup>rd</sup> April 10am-12pm			Youth Café/Sub Project Main st. Birr		
Dealing with Disobedience			Tuesday 18 <sup>th</sup> June 7.30pm-9.30pm			Tullamore Community Family Resource Centre, Arden View, Tullamore.		
Managing Fighting & Aggression			Wednesday 19 <sup>th</sup> June 10am-12pm			Youth Café/Sub Project Main st. Birr		

Offaly			April – June 2019			2 Hour workshops		
Two hour Topic Based Workshops for Parents of 11-15 year olds			Date/Time			Venue		
Coping with Teenagers' Emotions			Tuesday 18 <sup>th</sup> June 10am=12pm			Tullamore Community Family Resource Centre, Arden View, Tullamore.		



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Offaly April – June 2019 7 week Programme		
7 Week Programmes	Date/Time	Venue
Junior Programme for parents of 2-10 year olds	Tuesday 30 <sup>th</sup> April 7.30pm-9.30pm	Tullamore Community Family Resource Centre, Arden View, Tullamore.
Junior Programme for parents of 2-10 year olds	Thursday 23 <sup>rd</sup> May 10am -12pm	Clara Family Resource Centre
Teen Programme for parents of 11-15 year olds	Tuesday 30 <sup>th</sup> April 10am-12pm	Tullamore Community Family Resource Centre, Arden View, Tullamore.
Teen Programme for parents of 11-15 year olds	Wednesday 01 <sup>st</sup> May 7.30pm	Sub Project/Youth Café, Main Street, Birr



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## Fearless Seminar -Reducing Anxiety in Children

Free Triple P talk for parents of children aged 6-12 years.

Being a parent to a child is experiencing anxiety can be tough. It can affect day to day functioning and family life, they may be worried about what people think of them, are shy or withdrawn. They avoid social situations and activities, struggle to attend school and worry about tests/exams. They seek constant reassurance and can feel sick when worried.

The talk will cover the following:

- How does anxiety work? • Understanding anxiety • Parents as models • Being an emotion coach
- Thinking flexibly & realistically • Avoidance and exposure • Managing children's anxious behaviour;
- Constructive coping and problem solving

### Upcoming seminar dates. -Pre booking your place is essential

Seminar Details	To book your place, please email
Wednesday 3 <sup>rd</sup> April, 7.30pm, Tuar Ard, Moate	angelam.egan@tusla.ie
Thursday 8 <sup>th</sup> April 10am, Clara Family Resource Centre, Clara	Tracey.Donaghue@tusla.ie
Tuesday 2 July 7.30pm, Mullingar Park Hotel, Mullingar	Anne.McGuinness1@tusla.ie



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