

# Midlands Area Parenting Partnership

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



Longford	Jan – 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	Thursday 7th March 10am – 12pm	Primary Care Centre, Ballyminnion, Longford Town
Developing Good Bedtimes Routines	Tuesday 26th March 10am – 12pm	Primary Care Centre, Ballyminnion, Longford Town
Dealing with Disobedience	Tuesday 25th June 7.30pm -9.30pm	Family Centre, St. Mel's Rd., Longford Town
<b>Two hour Topic Based Workshops for Parents of 11-15 year olds</b>	<b>Date/Time</b>	<b>Venue</b>
Reducing Family Conflict	Wednesday 20th February 10am – 12pm	Primary Care Centre, Ballyminnion, Longford Town
Getting Teenagers to Cooperate	Wednesday 20th March 7.30pm -9.30pm	Family Centre, St. Mel's Rd., Longford Town



Please note our calendar is subject to change  
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Longford		
Jan – June 2019		
7 Week Programmes		
7 Week Programmes	Date/Time	Venue
Junior Programme for parents of 2-10 year olds	Tuesday 29th January 7.30pm-9.30pm	Family Centre, St. Mel's Rd., Longford Town
Teen Programme for parents of 11-15 year olds	Thursday 31st January 10am - 12pm	Primary Care Centre, Ballyminion, Longford Town
Teen Programme for parents of 11-15 year olds	Tuesday 7th May 7.30pm-9.30pm	Family Centre, St. Mel's Rd., Longford Town



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Westmeath		Jan – 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 26 <sup>th</sup> March 10am - 12pm	Westmeath Community Development Offices, Mullingar
Developing good Bedtime routines		Tuesday 26 <sup>th</sup> March 10am - 12pm	Westmeath Community Development Offices, Mullingar
Dealing with Disobedience		Tuesday 25 <sup>th</sup> June 7.30pm - 9.30pm	Westmeath Community Development Offices, Mullingar
Managing Fighting and Aggression		Tuesday 25 <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 26 <sup>th</sup> March 7.30pm - 9.30pm	Westmeath Community Development Offices, Mullingar
Getting Teenagers to Cooperate		Tuesday 26 <sup>th</sup> March 7.30pm - 9.30pm	Westmeath Community Development Offices, Mullingar
Coping with Teenagers Emotions		Tuesday 25 <sup>th</sup> June 10am - 12pm	Westmeath Community Development Offices, Mullingar
Getting Teenagers to cooperate		Tuesday 25 <sup>th</sup> June 10am - 12pm	Westmeath Community Development Offices, Mullingar



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Westmeath	Jan – June 2019	2 Hour workshops
<b>Athlone</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 26 <sup>th</sup> March 7pm -9pm	Athlone Education Centre, Athlone
Managing Fighting and Aggression	Tuesday 26 <sup>th</sup> March 7pm -9pm	Athlone Education Centre, Athlone
Dealing with Disobedience	Thursday 28 <sup>th</sup> March 10am – 12pm	Clonbrusk Resource Centre, Athlone
Developing good Bedtime routines	Thursday 28 <sup>th</sup> March 10am – 12pm	Clonbrusk Resource Centre, Athlone
Dealing with Disobedience	Tuesday 25 <sup>th</sup> June 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
Hassle Free Mealtimes	Thursday 27 <sup>th</sup> June 10am- 12pm	Clonbrusk Resource Centre, Athlone



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Westmeath	Jan - June 2019	2 Hour workshops
<b>Athlone</b>		
<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	Wednesday 10 <sup>th</sup> April 10am - 12pm	Clonbrusk Resource Centre, Athlone
Coping with Teenagers Emotions	Wednesday 10 <sup>th</sup> April 7pm -9pm	Athlone Education Centre, Athlone
Getting Teenagers to Cooperate	Wednesday 10 <sup>th</sup> April 7pm- 9pm	Athlone Education Centre, Athlone
Getting Teenagers to Cooperate	Tuesday 18 <sup>th</sup> June 10am - 12pm	Clonbrusk Resource Centre, Athlone
Coping with Teenagers Emotions	Tuesday 18 <sup>th</sup> June 7pm- 9pm	Athlone Education Centre, Athlone
Getting Teenagers to Cooperate	Tuesday 18 <sup>th</sup> June 7pm - 9pm	Athlone Education Centre, Athlone



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Westmeath	Jan – June 2019	7 week Programme
7 Week Programmes	Date/Time	Venue
Junior Programme for parents of 2-10 year olds	Tuesday 5 <sup>th</sup> February 7. 30pm 9.30pm	Westmeath Community Development Offices, Mullingar
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 6 <sup>th</sup> March 10am -12pm	Clonbrusk Resource Centre, Athlone
Junior Programme for parents of 2-10 year olds	Wednesday 1 <sup>st</sup> May 7pm -9pm	Athlone Education Centre, Athlone
Teen Programme for parents of 11-15 year olds	Tuesday 5 <sup>th</sup> February 10am -12pm	Westmeath Community Development Offices, Mullingar
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	Wednesday 6 <sup>th</sup> March 7pm -9pm	Athlone Education Centre, Athlone
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			Jan – 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>		
Managing Fighting & Aggression			Tuesday 5 <sup>th</sup> February 10am -12pm			Treo Nua Resource Centre, Portlaoise		
Dealing with Disobedience			Tuesday 26 <sup>th</sup> March 7pm-9pm			Portlaoise Education Centre, Portlaoise		
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-12pm			Portlaoise Education Centre, Portlaoise		
Managing Fighting & Aggression			Tuesday 25 <sup>th</sup> June 7pm-9pm			Family Resource Centre, Mountmellick		
<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 5 <sup>th</sup> February 7pm -9pm			Portlaoise Education Centre, Portlaoise		
Coping with Teenagers' Emotions			Tuesday 26 <sup>th</sup> March 10am -12pm			Treo Nua Resource Centre, Portlaoise		
Coping with Teenagers' Emotions			Tuesday 18 <sup>th</sup> June 7pm-9pm			Treo Nua Resource Centre, Portlaoise		
Getting Teenagers to Cooperate			Thursday 25 <sup>th</sup> June 10am-12pm			Treo Nua Resource Centre, Portlaoise		



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Laois		
Jan – June 2019		
7 Week Programmes		
7 Week Programmes	Date/Time	Venue
Junior Programme for parents of 2-10 year olds	Tuesday 26 <sup>th</sup> February 7pm-9pm	Portlaoise Education Centre, Portlaoise
Junior Programme for parents of 2-10 year olds	Wednesday 27 <sup>th</sup> February 9.30am-11.30am	Family Resource Centre Mountmellick, Co. Laois
Teen Programme for parents of 11-15 year olds	Tuesday 26 <sup>th</sup> February 10am-12pm	Treo Nua Resource Centre, Portlaoise



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Offaly Jan – June 2019 2 Hour workshops		
Two hour Topic Based Workshops for Parents of 2-10 year olds	Date/Time	Venue
Managing Fighting & Aggression	Tuesday 12 <sup>th</sup> February 7.30pm- 9.30pm	Tullamore Community Family Resource Centre, Arden View, Tullamore.
Dealing with Disobedience	Wednesday 13 <sup>th</sup> March 7.30pm- 9.30pm	Youth Café/Sub Project Main st. Birr
Dealing with Disobedience	Tuesday 26 <sup>th</sup> March 10am-12pm	Tullamore Community Family Resource Centre, Arden View, Tullamore.
Dealing with Disobedience	Wednesday 3 <sup>rd</sup> April 10am-12pm	Youth Café/Sub Project Main st. Birr
Dealing with Disobedience	Wednesday 5 <sup>th</sup> June 7.30pm-9.30pm	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



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Offaly		
Jan – June 2019		
2 Hour workshops		
Two hour Topic Based Workshops for Parents of 11-15 year olds	Date/Time	Venue
Getting Teenagers to Co Operate	Tuesday 12 <sup>th</sup> February 10am-12pm	Tullamore Community Family Resource Centre, Arden View, Tullamore.
Coping with Teenagers' Emotions	Tuesday 26 <sup>th</sup> March 7.30pm-9.30pm	Tullamore Community Family Resource Centre, Arden View, Tullamore.
Coping with Teenagers' Emotions	Thursday 28 <sup>th</sup> March 10am-12pm	Clara Family Resource Centre, Clara
Getting Teenagers to Co Operate	Monday 1 <sup>st</sup> April 7pm-9pm	Clara Family Resource Centre, Clara
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 7 week Group Programmes Autumn 2018		
7 Week Programmes	Date/Time	Venue
Junior Programme for parents of 2-10 year olds	Monday 11 <sup>th</sup> February 7pm-9pm	Clara Family Resource Centre, Clara
Junior Programme for parents of 2-10 year olds	Thursday 28 <sup>th</sup> February 10am-12pm	Tullamore Community Family Resource Centre, Arden View, Tullamore.
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.
Teen Programme for parents of 11-15 year olds	Wednesday 6 <sup>th</sup> February 10am-12pm	Youth Café/Sub Project Main st. Birr
Teen Programme for parents of 11-15 year olds	Wednesday 27 <sup>th</sup> February 10am -12pm	Edenderry Town Hall, Edenderry
Teen Programme for parents of 11-15 year olds	Tuesday 26 <sup>th</sup> February 7.30pm-9.30pm	Tullamore Community Family Resource Centre, Arden View, Tullamore.
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.



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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**

<b>Seminar Details</b>	<b>To book your place, please email</b>
Tuesday 8 <sup>th</sup> January, 6pm in Tullamore Library, Tullamore	Fully Booked
Tuesday 8 <sup>th</sup> January, 7.30pm in Mullingar park hotel, Mullingar.	<a href="mailto:anne.mcguinness1@tusla.ie">anne.mcguinness1@tusla.ie</a>
Wednesday 16 <sup>th</sup> January 7.30pm in Athlone Education Centre, Athlone	<a href="mailto:angelam.egan@tusla.ie">angelam.egan@tusla.ie</a>
Monday 21 <sup>st</sup> January, 7pm Scoil Mhuire, Abbeyleix	<a href="mailto:Deirdre.dowling@hse.ie">Deirdre.dowling@hse.ie</a> or <a href="mailto:sinead.higgins@tusla.ie">sinead.higgins@tusla.ie</a>
Tuesday 22 <sup>nd</sup> January, 6.30pm in Mountmellick Development Association	<a href="mailto:deirdre.dowling@hse.ie">deirdre.dowling@hse.ie</a> or <a href="mailto:sinead.higgins@tusla.ie">sinead.higgins@tusla.ie</a>
Thursday 7 <sup>th</sup> February, 7.30pm in Family Centre Longford	<a href="mailto:Catherine.Carragher2@tusla.ie">Catherine.Carragher2@tusla.ie</a> or <a href="mailto:Fiona.gallagher@hse.ie">Fiona.gallagher@hse.ie</a>



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