Midlands Area Parenting Partnership

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

Longford	Spring 2020	2 Hour workshops
Two hour Topic Based Workshops for Parents of 2-10 year olds	**Date/Time**	**Venue**
Dealing with Disobedience	Wednesday 25th March 7.30pm -9.30pm	Family Centre, St. Mel's Rd., Longford Town
Dealing with Disobedience	Thursday 2nd April 10am-12noon	Primary Care Centre, Longford Town
Good Bedtime Routines	Wednesday 11th March 10am-12noon	Primary Care Centre, Longford Town

Longford	Jan – June 2019	7 Week Programmes
7 Week Programmes	**Date/Time**	**Venue**
Junior Programme for parents of 2-10 year olds	Tuesday 25th February 7.30pm-9.30pm	Family Centre, St. Mel's Rd., Longford Town
Teen Programme for parents of 11-15 year olds	Thursday 27th February 10am – 12pm	Primary Care Centre, Ballyminnion, Longford Town

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Please note our calendar is subject to change

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Westmeath	Spring 2020	2 Hour workshops
Mullingar Area		
Two hour Topic Based Workshops for Parents of 2-10 year olds	**Date/Time**	**Venue**
Dealing with Disobedience	Tuesday 24th March 7.30pm -9.30pm	Westmeath Community Development Offices, Mullingar
Managing Fighting & Aggression	Tuesday 24th March 7.30pm -9.30pm	Westmeath Community Development Offices, Mullingar
Dealing with Disobedience	Thursday 26th March 10am-12noon	Westmeath Community Development Offices, Mullingar
Good Bedtime Routines	Thursday 26th March 10am-12noon	Westmeath Community Development Offices, Mullingar

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Westmeath	Spring 2020	2 Hour workshops
Athlone		
Two hour Topic Based Workshops for Parents of 2-10 year olds	**Date/Time**	**Venue**
Dealing with Disobedience	Wednesday 12th February 7pm	Athlone Education Centre
Good Bedtime Routines	Wednesday 12th February 7pm	Athlone Education Centre
Dealing with Disobedience	Wednesday 25th March 10am	Health Centre, Coosan rd, Athlone
Managing Fighting & Aggression	Wednesday 25th March 10am	Health Centre, Coosan rd, Athlone

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Westmeath	Spring 2020	7 week Programme
7 Week Programmes	**Date/Time**	**Venue**
Junior Programme for parents of 2-10 year olds	Tuesday 25th February 10am	Westmeath Community Development Offices, Mullingar
Junior programme for parents of 2- 10years olds	Wednesday 26th February 7pm	Athlone Education Centre
Teen programme for parents of 11-15 years olds	Tuesday 4th February 10am	Health Centre, Coosan Road, Athlone
Teen Programme for parents of 11-15 year olds	Thursday 27th February 10am	Westmeath Community Development Offices, Mullingar

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Laois	Spring 2020	2 Hour workshops
Two hour Topic Based Workshops for Parents of 2-10 year olds	**Date/Time**	**Venue**
Dealing with Disobedience	Tuesday 24th March 7pm -9pm	Laois Education Centre, Portlaoise
Managing Fighting & Aggression	Tuesday 31st March 10am – 12pm	Family Resource Centre, Mountmellick
Dealing with Disobedience	Tuesday 31st March 7pm -9pm	Family Resource Centre, Mountmellick
Two hour Topic Based Workshops for Parents of 11-15 year olds	**Date/Time**	**Venue**
Coping with Teen Emotions	Tuesday 24th March 10am -12pm	Laois Education Centre, Portlaoise
Getting teenagers to Co-Operate	Tuesday 31st March 7 pm -9pm	Family Resource Centre, Mountmellick

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Laois	Spring 2020	7 week Programme
7 Week Programmes	**Date/Time**	**Venue**
Junior programme for parents of 2- 10years olds	Tuesday 28th January 7pm -9pm	Family Resource Centre, Mountmellick
Junior programme for parents of 2- 10years olds	Wednesday 29th January 10am – 12pm	Laois Education Centre, Portlaoise
Teen programme for parents of 11-15 years olds	Tuesday 28th January 10am -12pm	Family Resource Centre, Mountmellick
Teen programme for parents of 11-15 years olds	Wednesday 29th January 7pm – 9pm	Laois Education Centre, Portlaoise
Teen programme for parents of 11-15 years olds	Thursday 27th February 10am – 12pm	Portarlington Primary Care Centre

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Offaly	Spring 2020	2 Hour workshops
Two hour Topic Based Workshops for Parents of 2-10 year olds	**Date/Time**	**Venue**
Dealing with Disobedience	Thursday 16th January 10am – 12pm	Tullamore Community Family Resource Centre, Arden View, Tullamore
Managing Fighting & Aggression	Thursday 16th January 7pm – 9pm	Tullamore Community Family Resource Centre, Arden View, Tullamore.
Managing Fighting & Aggression	Tuesday 24th March 10am – 12pm	Tullamore Community Family Resource Centre, Arden View, Tullamore
Dealing with Disobedience	Tuesday 24th March 7pm – 9pm	Tullamore Community Family Resource Centre, Arden View, Tullamore
Dealing with Disobedience	Wednesday 25th March 7pm – 9pm	Youth Café/Sub Project Main st. Birr
Managing Fighting & Aggression	Wednesday 1st April 10am – 12pm	Youth Café/Sub Project Main st. Birr

Offaly	Spring 2020	2 Hour workshops
Two hour Topic Based Workshops for Parents of 11-15 year olds	**Date/Time**	**Venue**
Getting Teenagers to Co-Operate	Thursday 26th March 10am – 12pm	Clara Community & Family Resource Centre
Coping with Teen Emotions	Wednesday 18th March 7pm- 9pm	Youth Café/Sub Project Main st. Birr

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Offaly	Spring 2020	7 week Programme
7 Week Programmes	**Date/Time**	**Venue**
Junior programme for parents of 2- 10years olds	Thursday 27th February 10am- 12pm	Clara Community & Family Resource Centre, Clara
Junior programme for parents of 2- 10years olds	Thursday 27th February 7pm – 9pm	Tullamore Community Family Resource Centre, Arden View, Tullamore.
Junior programme for parents of 2- 10years olds	Wednesday 4th March 9.30am-11.30am	St. Patrick's National School, Edenderry

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Fearless Seminar -Reducing Anxiety in Children

Free Triple P talk for parents of children aged 6-12 years. **Pre booking your place is essential**

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 • Managing children's anxious behaviour; • Constructive coping and problem solving.

- Area	Date & Time	Seminar Venue	To book your place, please email
Mountmellick	Tuesday 14th January, 7pm	Family Resource Centre, Mountmellick	deirdre.dowling@hse.ie
Mountrath	Tuesday 21st January, 7pm	Bloom HQ, Brigidine Convent, Patrick street, Mountrath	sinead.higgins@tusla.ie
Athlone	Monday 20th January, 7.30pm	Shamrock House Hotel	angelam.egan@tusla.ie
Athlone	Thursday 26TH March 10am	Shamrock House Hotel	angelam.egan@tusla.ie
Tullamore	Thursday 30th January, 10am	Tullamore Community Family Resource Centre, Tullamore.	Helent.henry@tusla.ie
Birr	Wednesday 5th February, 7pm	Youth Café/Sub Project Main st. Birr	Tracey.donaghue@tusla.ie
Portarlington	Thursday 6th February, 10am	(Venue to be decided)	Helent.henry@tusla.ie
Clara	Wednesday 12th February, 7pm	Clara Community & Family Resource Centre	Tracey.donaghue@tusla.ie
Edenderry	Thursday 13th February, 10am	St Patrick's N.S. Edenderry	Helent.henry@tusla.ie
Mullingar	Tuesday 31st March , 7 30pm	(Venue to be decided)	anne.mcguinness1@tusla.ie
Longford	Tuesday 11th February, 7.30pm.	Lus Na Greine Family Resource Centre, Granard	catherine.carragher2@tusla.ie
Longford	Tuesday 3rd March, 10.30am.	Venue to be confirmed	catherine.carragher2@tusla.ie

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