



Midlands Area Parenting Partnership

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

Longford	Autumn 2019	2 Hour workshops
Two hour Topic Based Workshops for Parents of 2-10 year olds	Date/Time	Venue
Developing Good Bedtime Routines	Thursday 7 th November 10am-12noon	Primary Care Centre, Longford Town
Dealing with Disobedience	Tuesday 3 rd December 7.30pm-9.30pm	Family Centre, Longford Town
Two hour Topic Based Workshops for Parents of 11-15 year olds		
Coping with Teenagers Emotions	Thursday 14 th November 10am-12non	Primary Care Centre, Longford Town
Getting Teenagers to Co-Operate	Tuesday 3 rd December 10am-12non	Primary Care Centre, Longford Town

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Please note our calendar is subject to change

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

Website www.askaboutparenting.ie

Our Facebook page: askaboutparenting



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Westmeath Autumn 2019 2 Hour workshops		
Mullingar Area		
Two hour Topic Based Workshops for Parents of 2-10 year olds	Date/Time	Venue
Dealing with Disobedience	Tuesday 10 th December 10am-12pm	Westmeath Community Development Offices, Mullingar
Developing Good Bedtime Routines	Tuesday 10 th December 10am-12pm	Westmeath Community Development Offices, Mullingar
Two hour Topic Based Workshops for Parents of 11-15 year olds	Date/Time	Venue
Coping with Teenagers Emotions	Tuesday 10 th December 7.30pm -9.30pm	Westmeath Community Development Offices, Mullingar
Getting Teenagers to cooperate	Tuesday 10 th December 7.30pm -9.30pm	Westmeath Community Development Offices, Mullingar



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Westmeath	Autumn 2019	2 Hour workshops
Athlone		
Two hour Topic Based Workshops for Parents of 2-10 year olds	Date/Time	Venue
Dealing with Disobedience	Tuesday 19 th November 7pm -9pm	Athlone Education Centre
Managing Fighting and Aggression	Tuesday 26 th November 7pm -9pm	Athlone Education Centre
Dealing with Disobedience	Thursday 5 th December 10am -12pm	Health Centre, Coosan rd, Athlone
Two hour Topic Based Workshops for Parents of 11-15 year olds	Date/Time	Venue
Reducing Family Conflict	Wednesday 4 th December 10am-12pm	Health Centre, Coosan rd, Athlone
Getting Teenagers to Co-Operate	Wednesday 4 th December 7pm -9pm	Athlone Education Centre
Coping with Teenagers' Emotions	Tuesday 10 th December 10am -12pm	Health Centre, Coosan rd, Athlone
Coping with Teenagers' Emotions	Tuesday 10 th December 7 pm-9pm	Athlone Education Centre

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Laois Autumn 2019 2 Hour workshops		
Two hour Topic Based Workshops for Parents of 2-10 year olds	Date/Time	Venue
Dealing with Disobedience	Tuesday 12 th November 10am-12pm	Family Resource Centre, Mountmellick
Dealing with Disobedience	Tuesday 12 th November 7pm -9pm	Portlaoise Education Centre
Dealing with Disobedience	Tuesday 10 th December 7pm-9pm	Portlaoise Education Centre
Managing Fighting & Aggression	Tuesday 10 th December 10am-12pm	Portlaoise Education Centre, Portlaoise
Two hour Topic Based Workshops for Parents of 11-15 year olds	Date/Time	Venue
Coping with Teenagers' Emotions	Tuesday 12 th November 7pm -9pm	Portlaoise Education Centre, Portlaoise
Getting Teenagers to Co-Operate	Tuesday 10 th December 7pm-9pm	Family Resource Centre, Mountmellick



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Offaly Autumn 2019 2 Hour workshops		
Two hour Topic Based Workshops for Parents of 2-10 year olds	Date/Time	Venue
Dealing with Disobedience	Monday 4 th November 7pm-9pm	Clara Family Resource Centre, Clara
Dealing with Disobedience	Tuesday 12 th November 10am-12pm	Tullamore Community Family Resource Centre, Arden View, Tullamore.
Managing Fighting & Aggression	Wednesday 13 th November 10am-12pm	Youth Café/Sub Project Main st. Birr
Dealing with Disobedience	Thursday 14 th November 10am-12pm	Clara Family Resource Centre, Clara
Managing Fighting & Aggression	Tuesday 10 th December 7.30pm -9.30pm	Tullamore Community Family Resource Centre, Arden View, Tullamore.
Two hour Topic Based Workshops for Parents of 11-15 year olds	Date/Time	Venue
Coping with Teenagers' Emotions	Tuesday 12 th November 7.30pm -9.30pm	Tullamore Community Family Resource Centre, Arden View, Tullamore.
Coping with Teenagers' Emotions	Thursday 14 th November 7pm -9pm	Oaklands Community College, Edenderryc
Getting Teenagers to Cooperate	Tuesday 10 th December 7.30pm-9.30pm	Tullamore Community Family Resource Centre, Arden View, Tullamore.
Getting Teenagers to Cooperate	Wednesday 11 th December 7pm-9pm	Youth Café/Sub Project Main st. Birr

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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
Laois	11 th November 7pm	Laois Education Centre	Deirdre.dowling@hse.ie
Mullingar	19th November 10.30am	Bloomfield House Hotel	Anne.McGuinness1@tusla.ie



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