

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

Longford	Autumn 2019	7 Week Programme
7 Week Programmes	Date/Time	Venue
Junior Programme for parents of 2-10 year olds	Tuesday 1 st October 10am-12noon	Primary Care Centre, Longford Town
Teen Programme for parents of 11-15 year olds	Tuesday 1 st October 7.30pm-9.30pm	Family 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

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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



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Westmeath	Autumn 2019	2 Hour workshops
Athlone		
Two hour Topic Based Workshops for Parents of 11-15 year olds	Date/Time	Venue
Getting Teenagers to Co-Operate	Wednesday 11th September 10am-12pm	Health Centre, Athlone
Reducing Family Conflict	Wednesday 11th September 7pm -9pm	Athlone Education Centre
Reducing Family Conflict	Wednesday 4 th December 10am-12pm	Health Centre, 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	Athlone – Venue to be confirmed
Coping with Teenagers' Emotions	Tuesday 10 th December 7 pm-9pm	Athlone Education Centre



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Westmeath	Autumn 2019	7 week Programme
7 Week Programmes	Date/Time	Venue
Junior Programme for parents of 2-10 year olds	Tuesday 1 st October 7.30pm-9.30pm	Westmeath Community Development Offices, Mullingar
Junior Programme for parents of 2-10 year olds	Wednesday 2 nd October 7pm -9pm	Athlone Education Centre
Junior Programme for parents of 2-10 year olds	Thursday 3 rd October 10am -12pm	Primary Centre, Athlone
Teen Programme for parents of 11-15 year olds	Tuesday 01 st October 10am-12pm	Westmeath Community Development Offices, Mullingar
Teen Programme for parents of 11-15 year olds	Thursday 3 rd October 10am-12pm	Health Centre, Coosan Road, Athlone



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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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Laois	Autumn 2019	7 week Programme
7 Week Programmes	Date/Time	Venue
Junior Programme for parents of 2-10 year olds	Tuesday 24 th September 7pm-9pm	Family Resource Centre, Mountmellick
Junior Programme for parents of 2-10 year olds	Wednesday 25 th September 10am-12pm	Primary Care Centre, Mountmellick
Teen Programme for parents of 11-15 year olds	Tuesday 24 th September 10am- 12pm	Portlaoise Education Centre, Portlaoise
Teen Programme for parents of 11-15 year olds	Wednesday 25 th September 7pm -9pm	Portlaoise Education Centre, Portlaoise



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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.

Offaly	Autumn 2019	2 Hour workshops
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.
Getting Teenagers to Cooperate	Tuesday 10 th December 7.30pm-9.30pm	Tullamore Community Family Resource Centre, Arden View, Tullamore.

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Offaly Autumn 2019 7 week Programme		
7 Week Programmes	Date/Time	Venue
Junior Programme for parents of 2-10 year olds	Wednesday 18 th September 7pm -9pm	Sub Project/Youth Café, Main Street, Birr
Junior Programme for parents of 2-10 year olds	Thursday 26 th September 10am-12pm	Tullamore Community Family Resource Centre, Arden View, Tullamore.
Teen Programme for parents of 11-15 year olds	Thursday 19 th September 10am-12pm	Clara Family Resource Centre, Clara
Teen Programme for parents of 11-15 year olds	Tuesday 24 th September 7.30pm -9.30pm	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. **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
Ballylinan, Co, Laois	Wednesday 11th September 7pm	St. Patrick National School, Ballylinan,	Sinead.higgins@tusla.ie
Portlaoise	Thursday 19th September 7pm	Holy Family School Aughnaharna Summerhill Portlaoise	Deirdre.dowling@hse.ie
Mountmellick	Wednesday 25 th September 7pm	Family Resource Centre, Mountmellick	Sinead.higgins@tusla.ie
Tullamore	Tuesday 17 th September 7.30pm	Tullamore Community Family Resource Centre, Arden View	HelenT.Henry@tusla.ie
Birr	Tuesday 22nd October 10am	Youth Café/Sub Project Main Street, Birr	Tracey.Donaghue@tusla.ie
Athlone	Friday 13 th September 10am	Primary Care Centre, Athlone	angelam.egan@tusla.ie
Moate	Tuesday 17 th September 7.30pm	Tuar Ard, Moate	angelam.egan@tusla.ie
Athlone	Tuesday 24 th September 7.30pm	Athlone Education Centre	angelam.egan@tusla.ie
Mullingar	19th November 10.30am	Venue to be confirmed	Anne.McGuinness1@tusla.ie
Longford	Wednesday 25 th September 7.30pm	Family Centre, Longford	catherine.carragher2@tusla.ie



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