

Advocacy & Parenting Support

One to One Parenting Support

Parenting support is offered to parents individually or through joint parent and child work. The joint parent and child work focuses on enhancing the relationship through play activities in the Centre's Family Support Room.

Fridays 14:00-17:00 *By appointment*

One to One Advocacy and Support for Adults

Parents/Carers are provided with information about other programmes and services available in the community that offer supports tailored to their needs.

Hill Street FRC staff work in partnership with other agencies and services advocating on behalf of our families and encourage changes at a legislative level. Furthermore, we support families to claim their rights and entitlements, including access to education, employment or legal rights.

Families attending Hill Street FRC

Venue Hire

Need a venue to host your group or see private clients? We offer facilities to suit various needs. To get more information on room booking:

Call Ying on: 01 874 6810

For up-to-date info, please visit our website: www.hillstreetfrc.ie

 Hill Street Family Resource Centre or

 @hillstreetfrc

Counselling

Hill Street Adult Counselling Service

Confidential counselling service available to adults 18+. Please leave your contact details on the counselling line messaging service and a counsellor will get back to you.

Agency and self-referrals are accepted. Payment by donation.

**Contact: Confidential Counselling Line:
085 853 2741**

Child Play Therapy

Our Play Therapists work with children and families to nurture change and development. They address issues around: parental separation, attachment, bereavement, loss, behavioral problems, trauma, anxiety and more.

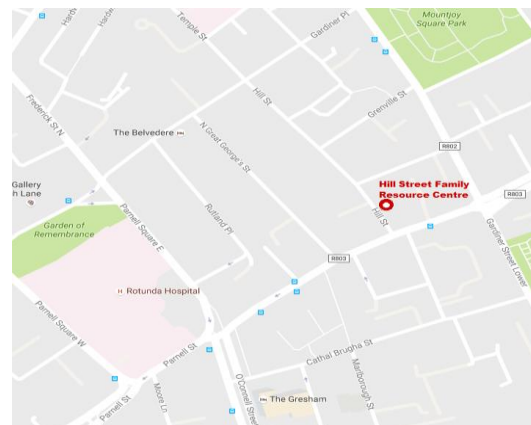
Agency and Self referrals are accepted. Payment by donation.

**Contact: Confidential Counselling Line:
085 853 2741**

Supporting Access Visits

We offer a supportive and neutral environment for agreed child access visits for separated parents. *Agency referral only.*

Call Ying on 01 874 6810 to book a room.



January- March

2022

Programme

Hill Street Family Resource Centre

Hill Street Playground

Hill Street

Dublin 1

Ph. 01 874 6810



info@hillstreetfrc.ie

www.hillstreetfrc.ie



Family Support

Parent & Child Groups

These groups provide a safe space to engage and play alongside your child, to meet other parents, make friends and share experiences. Group leaders are present to offer child development and parenting support and advice.

Friday 11:15-12:30 Age 2-3 years

Afterschool

Afterschool activities with a focus on child development for children aged 3.5 - 6 years. Activities include free play, arts & crafts, mindfulness, yoga, sports and science and outdoor play.

Monday or Tuesday or Wednesday 14:15-16:30

Parent and Baby Group

This is a group for parents/carers to deepen your understanding of your baby's development and to support you to discover your baby's unique amazing abilities.

Tuesday 11:15-12:30 Age 0-2 years

Preparation for Preschool Programme

These sessions help prepare your child for preschool by gradually developing your child's independence, language and communication skills. Parents attend with their child from September to December and then attend our parent's café from January to June.

Monday 09:15-10:45 Group 1

Tuesday 09:15-10:45 Group 2

Wednesday 09:15-10:45 Group 1

Friday 09:15-10:45 Group 2

A contribution of €3.00 per family for all groups and classes is welcome.

Mindfulness for Children

The course addresses the needs of the whole child – his/her physical, mental, emotional, social and spiritual well-being – through the following main areas: Mindfulness, Meditation, Mindset, Movement & Mood.

Through play, games, stories, craft, movement and reflection, we will build specific skills and tools to support and enhance the holistic well-being of the child.

Thursday 15:15-16:30 Age 7-12 years

€3 voluntary contribution per session.

Parenting Course

This 10 week course is designed to support parents/carers and strengthen their parenting skills. It covers a range of parenting topics including communication and dealing with behavioural issues. Limited childcare available.

Starting 16th September 2021

Thursday 09:30-11:00

€25 voluntary contribution for the course.

€3 voluntary contribution for childcare per session

Parents' Café

The Parents' Café provides Parents with an opportunity to meet new people, learn new skills and discuss issues that matter to you most. *Group open to Prep for Preschool parents/carers only.*

Wednesday 09:15-10:45

Friday 09:15-10:45

For family groups information & registration contact Alison or Jennifer on 01 874 6810 or email: childteamleader@hillstreetfrc.ie

Community Groups & Events

Adult Yoga Classes

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. Reduce anxiety and stress, and strengthen your body with our 8 weeks of Yoga Classes. Limited childcare available. *Starting 15th of September 2021*

Wednesday 11:30-12:45

€3 voluntary contribution per class or € 6 per class with childcare.

Mindful Parenting

This 8 week course will introduce parents/carers to mindfulness and self-compassion practices. It will explore how to create more calmness, connection and happiness in everyday family life. Throughout the group, parents will also be introduced to fun and creative ways to support their child's positive mental health and well-being.

Starting 15th of September 2021

Wednesday 11:30-12:45

€ 3 voluntary contribution per class only or € 6 per class with childcare.

English Classes for Adults

A welcoming environment to learn and improve your English through conversation with other parents in a supportive class. Limited childcare spaces available. *Advance booking required.*

Starting 16th September 2021

Thursday 09:30-11:00

€3 voluntary contribution per class only or € 6 per class with childcare.

For community support and events contact 01 8746810 or email: info@hillstreetfrc.ie