

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.
Agency and Self referrals are accepted.

Parents Forum

This is a group for parents/carers attending Hill Street FRC to meet in a supportive environment to share information, knowledge and skills, discuss ideas, views, concerns and make suggestions. The group works together to input into future programmes for our families and the community.

Contact: Kata on 01 874 6810
or email
developmentworker@hillstreetfrc.ie

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 bookings:

Call Ying on: 01 874 6810

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

 Hill Street Family Resource Centre or

 @hillstreetfrc

Counselling

Hill Street Adult Counselling Service

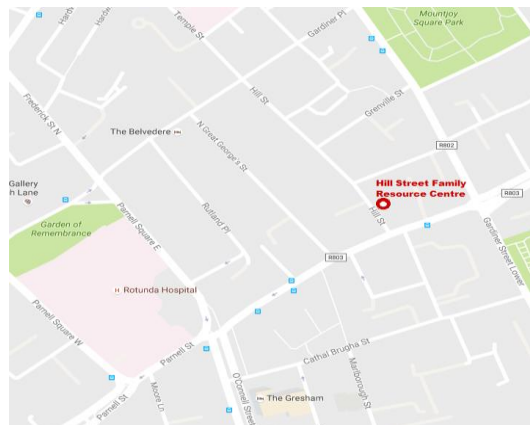
Confidential counselling service available to adults 18+. Please leave your contact details on the counselling line messaging service and a counsellor will get back to you.
Agency and self-referrals are accepted.
Payment by donation.
Contact: Confidential Counselling Line:
085 853 2741

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



January – May

2023

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.

Wednesday Outdoor: 09:45-11:15 Age 0-3 years

Thursday Indoor: 11.30-12.45 Age 0-3 years

Afterschool

Afterschool activities with a focus on child development for children aged 4 - 6 years. Activities include free play, arts & crafts, mindfulness, yoga, sports and science and outdoor play.

Mon/Tue/Wed : 14.15 – 16.15

Parent and Baby/Toddler Group

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

Friday 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.

Tuesday 09:15-11.00 Age 1 year 9 months to 3+

Friday 09:15-11.00 Age 1 year 9 months to 3+

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

Parents' Cafe

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 Preparation for Preschool parents/carers only.*

Tuesday 09:15-11:00

Friday 09:15-11.00

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 behavioral issues.

Limited childcare spaces available.

Starting 19th January 2023

Thursday 09:15-11:30

€25 voluntary contribution for the course.

€3 voluntary contribution for childcare session

Restorative Parenting Course

This 4 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. Parents will be introduced to fun and creative ways to support their child's positive mental health and well-being.

Limited childcare spaces available.

Starting 10th May 2023

Wednesday 09:30-10.30

€3 voluntary contribution per class

€6 per class with childcare.

For family groups information & registration contact Alison 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 4-week Yoga Program.

Limited childcare spaces available.

Starting 9th January 2023

Monday 09:15 – 10:30

€3 voluntary contribution per class or € 6 per

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.

Starting 15th September 2022

Thursday 09:15-11:00

€3 voluntary contribution per class

€6 per class with childcare.

Story telling Project

This project is to encourage parents to read with/ to their children. Valuing this tool to bring families closer and support their continuous learning while having fun.

Starting 26th April 2023

Wednesday 11:30-13:00

€3 voluntary contribution per class

For community support and events contact 01 874 6810 or email: info@hillstreetfrc.ie