

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.

Agency and Self referrals are accepted.

Contact: 01 874 6810 or email childteamleader@hillstreetfrc.ie

By appointment only

Parents Forum

This is a group for parents/carers attending Hill Street FRC to meet in a supportive environment to work together to input into future programmes for our families and the community.

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

One to One Advice, Advocacy, and Support for Migrant Parents

Hill Street FRC offers practical advice, advocacy and support to migrant families living in the North East Inner City. We provide step-by-step information, support and assistance with applications in accessing education, employment, health services, and childcare services.

Contact: 01 874 6810 or email familysupport@hillstreetfrc.ie

Venue Hire

Need a venue to host your group or see private clients? We offer facilities to suit various needs. For more information

Call: 01 874 6810

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.

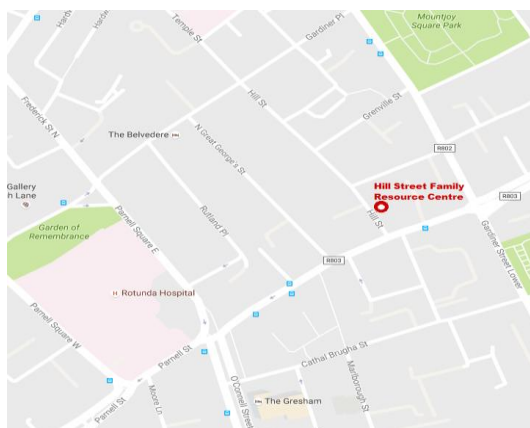
Payment by donation.

**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: 01 874 6810



September - December

2023

Programme

Hill Street Family Resource Centre

Hill Street Playground

Hill Street

Dublin 1

Ph. 01 874 6810

info@hillstreetfrc.ie

www.hillstreetfrc.ie

  @hillstreetfrc

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: 09:30-11:00 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 3.5 - 6 years. Activities include free play, arts & crafts, mindfulness, yoga, sports and science and outdoor play. 1 day per child per week.

Monday, Tuesday or Wednesday: 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: 11:45-12:45 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: 09:15-11.15 Age 1 year 9 months to 3+

Friday: 09:15-11.15 Age 1 year 9 months to 3+

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

Sport and Wellbeing for Girls Afterschool Activity

Our sport and wellbeing group for girls focuses on promoting physical activity, mental well-being, and a sense of community. It provides a supportive environment, where young girls are encouraged to engage in sports and fitness activities and mindfulness practices. This group aims to empower young girls, building their confidence and self-esteem, and inspiring lifelong habits for a healthy and balanced lifestyle.

Thursday: 14.15-16.15 Girls aged 3.5-6

Parent and Child Walk and Talk Group

The parent and child walk and talk group aims to provide social activities for families. It encourages outdoor exercise while allowing parents to bond with their children and connect with other parents in the community. It also introduces parents to other activities that can be undertaken with their children in the North East Inner City. It is a great way to combine fitness, fresh air, and social interaction.

Starting 20th September

Wednesday: 11.15 - 13.00 for 4 weeks

New Family Registrations

New Families can attend our Outdoor Play Group where they can meet staff, complete registration and find out about our programmes, groups and services.

Wednesday: 11:30-13:00

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

Community Groups & Events

Me-Time Monday

As parents of young children, we rarely get the opportunity to have time for ourselves. Me-Time Monday sessions in Hill Street FRC offer you some time to breathe and relax, have fun, get to know other parents and learn multicultural wellness practices for health, stress management and clarity of thinking.

Starting 18th September

Monday: 09:15-10.45

€3 voluntary contribution per class

€6 per class with childcare.

English Conversational Classes for Adults

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

Starting 15th September

Thursday 09:15-11:00

€3 voluntary contribution per class

€6 per class with childcare.

Circle of Security 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 18th September

Monday: 09:15-11:15

€25 voluntary contribution for the course.

€3 voluntary contribution per childcare session

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