

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.

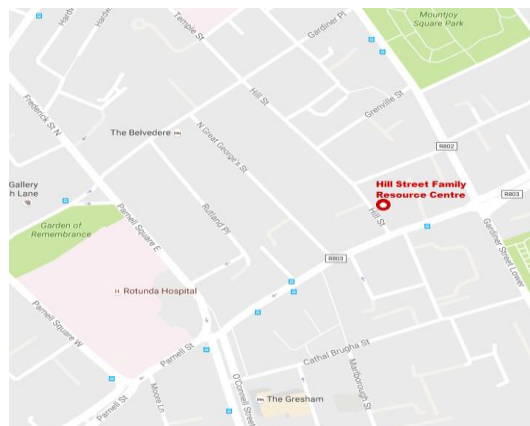
Payment by donation.

**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



January - May

2024

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: 11:30-12:45 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

Global Citizenship Programme

This programme aims to introduce participants to Global Citizenship Education. It enables participants to understand the root causes of the current cost of living crisis and to explore how global issues interlink with our everyday lives. It also supports participants in taking action to build a more just and sustainable world for all.

Starting 05th December to 27th February

Tuesday: 09:15-11:15

Lullaby Project

The Lullaby project is an intercultural group for parents and children from 0 to 3 years old. Focused in developing musical, language, creativity, motor, and social skills for the families in the North Inner-City Dublin.

Starting 15th November

Wednesday: 10:30 – 11:30 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: 09:30-11:00

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

Community Groups & Events

Personal development

As parents of young children, we rarely get the opportunity to have time for ourselves. Personal development 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 05th March to 07th May

Tuesday: 09:15-11:15

€3 voluntary contribution per class

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 11th January

Thursday 09:15-11:15

€3 voluntary contribution per class

€6 per class with childcare.

Triple P- Positive Parenting Program

Tripe P is a positive parenting programme designed to make parenting easier for parents/carers of children aged 0-12. It's designed to provide practical help encouraging behaviour you like, becoming a confident parent, and dealing with problem behavior. Limited childcare spaces available.

Starting 25th January for 09 weeks

Thursdays : 09:15-11:15

€3 voluntary contribution per class.

€6 per class with childcare

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