

**March – June 2018**

**Parenting Children aged 6 – 11 Years old**

Course	Dates	Time	Run by	Open to	Location	Contact	Other Information
<b>Parents Plus</b> Parenting Children (Tymon)	Starting After Easter (Morning Course) Date TBC <b>Duration:</b> 6 weeks	9.30 – 11.30am	Suzanne Lindsay Foróige Tallaght	Parents & guardians of 6 – 11 year olds	Scoil Iosa Tymon	Suzanne at <a href="mailto:suzanne.lindsay@foroige.ie">suzanne.lindsay@foroige.ie</a> , 4516322 or 0867969726	Free of Charge
<b>How to Build Self Esteem &amp; Life-skills in Children &amp; Teens</b>	Sat 24 <sup>th</sup> March	9.45am – 4pm	Suzanne Lindsay, Foróige	All parents & guardians of 6 – 17 year olds from Tallaght & Whitechurch	Foróige Tallaght Youth Service, Main Road, Tallaght.	Suzanne at <a href="mailto:suzanne.lindsay@foroige.ie">suzanne.lindsay@foroige.ie</a> , 4516322 or 0867969726	Free of Charge (With lunch provided)

**Parenting Teens aged 12 – 17 Years old**

Course	Dates	Time	Run by	Open to	Location	Contact	Other Information
<b>Parents Plus</b> Parenting Teens Evening Course Tallaght Village	Wed 11 <sup>th</sup> April <b>Duration:</b> 6 weeks	7 – 9pm	Mary O'Brien & Suzanne Lindsay, Foróige	Parents & guardians of 12 - 17 year olds from Tallaght & Whitechurch	Foróige Tallaght Youth Service, Main Road, Tallaght.	Suzanne at <a href="mailto:suzanne.lindsay@foroige.ie">suzanne.lindsay@foroige.ie</a> 4516322 or 0867969726	Free of Charge
<b>How to Build Self Esteem &amp; Life-skills in Children &amp; Teens</b>	Sat 24 <sup>th</sup> March	9.45am – 4pm	Suzanne Lindsay, Foróige	All parents & guardians of 6 – 17 year olds from Tallaght & Whitechurch	Foróige Tallaght Youth Service, Main Road, Tallaght.	Suzanne at <a href="mailto:suzanne.lindsay@foroige.ie">suzanne.lindsay@foroige.ie</a> , 4516322 or 0867969726	Free of Charge (With lunch provided)

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**Workshops for Parents**

Workshop	Dates	Time	Run by	Open to	Location	To book a place, contact	Other Information
<b>Getting Started with Restorative Practices (Two mornings)</b>	April 4 <sup>th</sup> and 11 <sup>th</sup> or May 2 <sup>nd</sup> and 9 <sup>th</sup> or June 6 <sup>th</sup> and 13 <sup>th</sup>	9.30 to 1 pm	CDI	Parents/People living in Tallaght	CDI, Fettercairn	Linda Mullally 01 4940030 linda@twcdi.ie	Free of charge
<b>Supporting Young People's Mental Health</b>	Thurs 12 <sup>th</sup> April	6.15 – 7.15pm	Jigsaw Tallaght	Parents of young people aged between 12-25 living in the Tallaght area	Tallaght Library	Sinead at Tallaghtworkshops@jigsaw.ie	Free of charge
<b>Alcohol and Teenagers: What parents can do to keep their teens safe when it comes to binge drinking</b>	Thurs 26 <sup>th</sup> April	10am – 12pm	Suzanne Lindsay (Foróige)	Parents of 6 – 17 year olds living in Tallaght or Whitechurch	Tallaght – Venue close to The Square	Suzanne at <a href="mailto:suzanne.lindsay@foroige.ie">suzanne.lindsay@foroige.ie</a> , 4516322 or 0867969726	Free of charge
<b>How to Build Problem Solving Skills in Children and Teens</b>	Thurs 7 <sup>th</sup> June	10am – 12pm	Suzanne Lindsay (Foróige)	Parents of 6 – 17 year olds living in Tallaght or Whitechurch	Tallaght – Venue TBC	Suzanne at <a href="mailto:suzanne.lindsay@foroige.ie">suzanne.lindsay@foroige.ie</a> , 4516322 or 0867969726	Free of charge
<b>Holding Family Meetings in the Home: An approach that really works in</b>	Tues 5 <sup>th</sup> June	6.30 – 8pm	Suzanne Lindsay (Foróige)	Parents of 7 – 17 year olds living in Tallaght or Whitechurch	Tallaght – Venue TBC	Suzanne at <a href="mailto:suzanne.lindsay@foroige.ie">suzanne.lindsay@foroige.ie</a> , 4516322 or 0867969726	Free of charge

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sorting out issues in families .. big or small!							
<b>How Parents can Talk in a way that Teens Listen and Listen in a way that Teens can Talk</b>	Tues 12 <sup>th</sup> June	6.30 – 8pm	Suzanne Lindsay (Foróige)	Parents of 10 – 17 year olds living in Tallaght or Whitechurch	Tallaght – Venue TBC	Suzanne at <a href="mailto:suzanne.lindsay@foroige.ie">suzanne.lindsay@foroige.ie</a> , 4516322 or 0867969726	Free of charge
<b>How to Build Self Esteem in Children and Teens</b>	Tues 19 <sup>th</sup> June	6.30 – 8pm	Suzanne Lindsay (Foróige)	Parents of 6 – 17 year olds living in Tallaght or Whitechurch	Tallaght – Venue TBC	Suzanne at <a href="mailto:suzanne.lindsay@foroige.ie">suzanne.lindsay@foroige.ie</a> , 4516322 or 0867969726	Free of charge
<b>Alcohol and Teenagers:</b> What parents can do to keep their teens safe when it comes to binge drinking	Tues 26 <sup>th</sup> June	6.30 – 8pm	Suzanne Lindsay (Foróige)	Parents of 6 – 17 year olds living in Tallaght or Whitechurch	Tallaght – Venue TBC	Suzanne at <a href="mailto:suzanne.lindsay@foroige.ie">suzanne.lindsay@foroige.ie</a> , 4516322 or 0867969726	Free of charge