

parenting monaghan

*Information on Parenting
Supports in Co. Monaghan*

2023



Parenting
Monaghan





Welcome to the second edition of Parenting Monaghan's Directory of Parenting Supports in Co. Monaghan.

Parenting Monaghan is an inter-agency initiative providing support to parents throughout Co. Monaghan. It is a central point for parents to get information on programmes/supports available in our county. It aims to assist all parents in County Monaghan with the very latest information and guidance to undertake the most important job that you will ever do.

In this booklet you will find information from agencies across Monaghan that are working together to provide high quality parenting and family supports, ranging from information, guidance, and universal programmes to intensive support for families that are facing significant challenges. All parents need advice and support at some stage. Sometimes, getting the right support at the right time can mean the difference between a family that is thriving and one that is experiencing difficulties.

This booklet is funded through Children and Young People's Services Committee Monaghan who would like to acknowledge the support of Parenting Monaghan and members of the CYPSC Outcome 1 Physical and Mental wellbeing subgroup.

We hope you find the information in this booklet useful. If you have any comments or would like additional information, please contact: **Bernie McHugh** on 087 7702114 or by email: parentingmonaghan@gmail.com.





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parenting & play

PLAY HELPS KIDS BECOME RESILIENT

Trying new activities or skills helps children build confidence - and the emotional resiliency they'll need in life. Play is how children learn and develop skills in all areas of development. As a parent/carer quality play time with your child will support their learning but also nurture your relationship with your child.

"Your child craves interaction with you. Playing with other children is fun, but nothing compares to the joy and satisfaction of getting one's parent to enter your special world of make-believe. It's the stuff of memories!" (exchangefamily.org)

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SUPPORT groups for new parents

FOR NEW PARENTS

mychild.ie

The My Child website www.mychild.ie is an initiative by the HSE to provide trusted reliable information on all aspects of pregnancy birth and beyond and provides a reliable source of information on the internet. In addition, new parents receive free booklets from their antenatal clinic and public health nurses.

The books are;

My pregnancy

- available at your antenatal clinic

My Child 0 to 2 years

- available from your Public Health Nurse

My Child 2 to 5 years

- available from your Public Health Nurse



BREASTFEEDING SUPPORT

Carrickmacross BF group meets twice per month - the ***1st and 3rd Friday in each month***, from ***9:30 to 11:00am***. In the new Primary Care centre.

Cootehill group meet on the ***1st Tuesday of each month*** - in the Errigal House Hotel, from ***10 to 11am***.

Mairead McCahill, Public Health Nurse Lactation Consultant (IBCLC). Mairead attends the above groups so mothers are able to avail of specialist information and care planning. A referral can be made outside of the group for Mairead's support through your local PHN.

LA LECHE LEAGUE (LLL) BREASTFEEDING SUPPORT

LLL Monaghan meetings are in the Dóchas Women's Centre, North Rd., Monaghan every 4th Wednesday of the month at 10:30am.

LLL Castleblayney meetings rotate in mothers' homes and are at 8pm on the 2nd Tuesday of the month.

Address: Cremartin, Castleblayney, Co. Monaghan.

Phone: Orla: 087 6579453; Sarah: 087 1246214;

Neda 087 6579453 (speaks Lithuanian);

Sarah F: 087 0604557; Margaret 086 8576850.





www.facebook.com/LaLecheLeagueCastleblayney
www.instagram.com/lalecheleaguemonaghan/

For an up-to-date listing of all breastfeeding supports in the county visit www.mychild.ie

WEANING GROUP

Weaning/Solid food introduction classes are run by the Public Health Nurses in Cavan and Monaghan areas. Please contact your Public Health Nurse to get more information.

PUBLIC HEALTH NURSE'S LOCAL HEALTH CARE CENTRES IN MONAGHAN

<i>Ballybay Health Centre:</i>	Ballybay, Co. Monaghan. Tel: 042 974 1157
<i>Carrickmacross Health Centre:</i>	Carrickmacross Primary Care Centre Oriel Road, Carrickmacross, Co. Monaghan, A81 C642. Tel: 042 967 4800
<i>Castleblayney Health Centre:</i>	Castleblayney, Co. Monaghan. Tel: 042 974 0462
<i>Clones Health Centre:</i>	Clones Primary Care Centre, Jubilee Rd., Clones, Co. Monaghan. Tel: 047 51207
<i>Clontibret Health Centre:</i>	Clontibret, Co. Monaghan. Tel: 047 80884
<i>Emyvale Health Centre:</i>	Enterprise Centre, Mill Road, Emyvale, Co. Monaghan. Tel: 047 86203
<i>Smithboro Health Centre:</i>	Mulladuff, Smithboro, Co. Monaghan. Tel: 047 95775
<i>North Monaghan Primary Care Unit:</i>	St. Davnet's Campus, Co. Monaghan. Tel: 047 95600

LIFESTART GROWING CHILD PROGRAMME

The Lifestart Growing Child programme for parents/carers is a structured month-by-month guide of information, knowledge, and practical learning activities for parents or carers of children 0-3 years. This **free** programme offers age-specific information on child development and is tailored to suit each individual child and family. The programme is delivered by specially trained family visitors in the parent's own home – the best environment for early learning and development. We know through research that early life experiences create the foundation for a child's communication skills, physical, social and emotional health, and later learning. We also know that at this unique time, children gain the competence and coping skills that will affect their future.

Lifestart is currently being delivered by Family Support Workers from the Prevention, Partnership and Family Support Team. For Further Information contact the Senior Child and Family Network Coordinator on 042 979 5623.

NATIONAL CHILDHOOD NETWORK NCN

NCN provides a broad range of information for the sector and for parents through our Website, Social Media channels, Mail Shots and Help Desk. Working at national level with the Department of Children, Equality Disability, Integration and Youth and the Department of Education and Skills gives the organisation access to firsthand information on policy development and practice from national level eg Transitions from home to preschool and from preschool to school. If you would like to have access to information or want to see specific information posted on our social media platforms, please contact info@ncn.ie or phone 047 72469.

National Childhood Network – also have a specific Facebook page to guide parents in all aspects of play and play ideas from babies to preschool children and School Age Children - It is called the NCN Play Hub and can be accessed here:

<https://www.facebook.com/ncnplayhub>



parenting programmes

PARENT PLUS EARLY YEARS PROGRAMME (PARENTS OF 1 – 6YEAR OLDS)

A free 6 week positive and practical parenting course for parents of children aged 1 to 6 years.

It is ideal for parents who want to:

- Support their child to grow up happy and emotionally secure.
- Learn strategies to manage behaviour problems.
- Maximise their learning, language, and social development.

Parents learn how about:

- Being a responsive parent
- Child centre play and communication
- Supporting children's self-esteem and confidence
- Establishing daily routines
- Managing tantrums, misbehaviour, and problems

PARENT'S PLUS CHILDREN'S PROGRAMME (PARENTS OF 6 – 11YEAR OLDS)

A free 6 week positive and practical parenting course for parents of children aged 6 to 11 years. Parents play a key role in helping their children develop and grow up well. Yet parenting can sometimes feel like a difficult job and everyone needs support and help at times.

This course hopes to help you:

- Solve parenting problems in a positive way.
- Manage difficult behaviour and discipline problems.
- Develop a close and warm relationship with your children and enjoy being their parent.

Parents do this by:

- Child-centred play and communication with children
- Building children's self-esteem and encouraging learning
- Positive discipline and behaviour management
- Problem solving with children and as a family



PARENT'S PLUS ADOLESCENTS PROGRAMME (PARENTS OF 11 – 18 YEAR OLDS)

A free 6 week positive and practical parenting programme for parents of adolescents aged 11 to 18 years. The adolescent programme considers how parents can connect with and build good relationships with their teenage children, while also being firm and influential in their lives.

Topics Include:

- Relationship building with teenagers.
- Conflict resolution / Behaviour management
- Problem solving for families.
- Depression / anxiety
- Education, homework, and learning
- Specific issues such as technology, bullying etc.

PARENTS PLUS PARENTING WHEN SEPARATED PROGRAMME



Family separation can put extra stress on both parents and children and brings new challenges. Drawing on international long-term evidence, the Parenting when Separated Programme is a free six-week course that highlights practical steps parents can take to help their children cope and thrive as well as coping successfully themselves.

Topics include:

- Solving co-parenting problems in a positive, child-focused way
- Helping children cope with separation, emotionally and practically.
- Coping with the emotional impact of separation and learning stress management techniques

For information on all the above Parents Plus programmes along with other supports and training that may be available visit:

Facebook page: @parentingmonaghan

Email: parentingmonaghan@gmail.com

Phone: 087 7702114

Website: www.parentingmonaghan.ie



SPECIALIST PARENTING PROGRAMMES

PARENTS UNDER PRESSURE

The Parents Under Pressure (PuP) programme combines psychological principles relating to parenting, child behaviour and parental emotion regulation within a case management model. The programme is home-based and designed for families in which there are many difficult life circumstances that impact on family functioning. Such problems may include depression and anxiety, substance misuse, family conflict and severe financial stress. The programme is highly individualized to suit each family. Parents are given their own Parent Workbook. For many parents, this becomes a personal journal of their treatment experience.

The overarching aim of the PuP programme is to help parents facing adversity develop positive and secure relationships with their children. Within this strength-based approach, the family environment becomes more nurturing and less conflictual and both parents and children learn to self-regulate their behaviour.

For information contact the Senior Child and Family Network Co-Ordinator on **042 9795623**.

NON-VIOLENT RESISTANCE PROGRAMME

Many parents report that most of the arguments centre around technology - Playstation, X-box, phone use etc. Through NVR, the parent begins to identify how these situations can quickly get out of hand and to learn new ways to address what can be difficult discussions with their children. Although parents who are experiencing this difficulty will often avoid their child when they are quiet for fear of triggering another aggressive episode, in NVR, parents are encouraged and supported to become more present in their child's life. NVR is concerned with bringing about change through peaceful protest and resistance. Over the course of the programme, the parent is supported to take a different position in relation to the child. Skills to de-escalate difficult situations are explored.



Be Active

Getting plenty of exercise, whether it is a gentle walk or a gym workout, really does provide a lift to your mood as well as making your body stronger and healthier



This is where the process of building the relationship begins. In some cases, relationships are badly damaged, and parents may need support to find ways to restore and strengthen their relationship with their child.

For information contact the Senior Child and Family Network Co-Ordinator on **042 9795623**.

TLC KIDZ PROGRAMME



The TLC KIDZ Project is a community co-ordinated response for children and mothers who have experienced domestic violence and abuse. The Project seeks to raise awareness of domestic abuse as well as increase understanding around the impact of such experiences on children. At the core of the TLC KIDZ Project, is the TLC KIDZ Programme. This is a 12 - week group work programme for children and their mothers who have experienced domestic violence and abuse. The children's group and mother's group run concurrently on the same week and cater for children aged between 5 -16 years old. The mother's group focuses on the experiences of the child and helping mothers to provide the necessary supports to their children following domestic abuse. Whilst the children's group covers important themes and concepts which have been shown to help children in their recovery following domestic violence and abuse.



Contact *Linda McDonald* 086 060 0616

CIRCLE OF SECURITY - PARENTING PROGRAMME

The Circle of Security is an evidence-based parenting programme that supports parent and children to build positive, warm attachments.

This is an eight week group programme that will help parents to:

- Understand children's behaviour
- Respond to their cues
- Create a secure base from which children can explore their world safely
- Consider your own needs when parenting

For further information you can contact *Collette Deeney*, Monaghan CYPSC Coordinator on **087 3494714**.

FAMILY SUPPORT agencies



An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency

PREVENTION PARTNERSHIP AND FAMILY SUPPORT (PPFS) TUSLA

Partnership and Family Support services are available across Co. Monaghan & Cavan and we believe that the best way to improve outcomes for children is to intervene at an early stage to resolve problems and prevent harm. PPFS is a comprehensive programme of early intervention and preventative work which has been undertaken by Tusla and there are several ways that we support families:

Topics include:

- Meitheal is a way of working with children and their families to identify and respond to their strengths and needs in a timely manner. Meitheal brings together people and services who want to support a child or parent so that he or she can make the changes to their life that they want and need.
- One to one work with one of our Tusla Family Support Workers to help you achieve your goals.
- Community based supports through the Beacon Family Support teams based in Teach na Daoine and Clones Family Resource Centre.
- Signposting and referral onwards to our partner agencies.

For further information you can contact the Senior Child and Family Network Coordinator on **042 9795623**.

TUSLA

The Child and Family Agency is a dedicated State agency responsible for improving wellbeing and outcomes for children. The Agency operates under the Child and Family Agency Act 2013, a progressive piece of legislation with children at its heart and families viewed as the foundation of a strong healthy community where children can flourish. Partnership and co-operation in the delivery of seamless services to children and families are also central to the Act. <https://www.tusla.ie/>



TUSLA - COMPASS

The Compass Outdoors Project provides a uniquely positive experience for young people at risk. This incorporates therapeutic outdoor activities designed to provide young people with opportunity to remove themselves from the stress and pressure of their daily life.

TUSLA – YOUTH SERVICES

The outreach team is a small group of social care workers from the Wellbeing Centre who provide a short-term intervention to support the immediate needs of Children and Families who may have otherwise remained on a waiting list for services therefore increasing the risk of further deterioration.

The outreach Team provides a responsive intervention where it has been assessed that a young person's placement or home is at high risk of 'breaking down'. It is the aim of this team to stabilize the current environment that allows for the issues to be resolved or allow time for other, longer term projects to intervene. Referral can come from social work department or anyone with a concern about a young person.

For more information contact the Senior Child and Family Network Coordinator on **042 9795623**.

THE SCHOOL COMPLETION PROGRAMME



This is a TUSLA funded service working in the schools identified below only. It offers supports on and In School, Out of School, After School and Holiday basis. There are three School Completion Projects in County Monaghan.

Castleblayney Clones programme has five schools:

Two Post Primary, Castleblayney College and Largy College, Clones and three Primary Boys Girls and Junior School in Castleblayney town. Coordinator **Niamh McBreen 087 1758252**

North Monaghan programme has four schools:

Beech Hill College, St. Marys Boys' School, Edenmore NS and Knockatallon NS. Coordinator **Marlene Rice 087 3169462**

Farney School Completion has three schools:

Inver College, Naomh Eanna Killanny and St. Daigh's Inniskeen. Coordinator **Caitriona Carragher 087 3169460**





ISPCC CHILDLINE



The Irish Society for the Prevention of Cruelty to Children (ISPCC Childline) is Ireland's national child protection charity. The ISPCC Childline is for children. Our purpose is to listen to them, empower them, strengthen their resilience, and enable them to live their best possible lives. The ISPCC Childline provides a range of services directly to children and families and advocates for change to enhance the lives of children in Ireland. It is funded through fundraising and through funding provided by government agencies for the delivery of specified services. Every child deserves to have their voice heard. ISPCC Childline has a long and proud history of lobbying and campaigning for, and on behalf of, children and young people in Ireland.

Childline therapeutic Support Worker:

Email: Michelle.Morgan@ispcc.ie

Marie.Markey@ispcc.ie

Web: www.ispcc.ie



An Roinn Seana-
agus Gníomhaíochtaí
Department of Children
and Youth Affairs



National
Lottery



cmeth
Cavan Monaghan Education and Training Board

The Department of Children and Youth Affairs (DCYA) funded youth scheme with funding from the National Lottery and administered locally by Cavan and Monaghan Education and Training Board (CMETB).

MaCYSS MONAGHAN AND CAVAN YOUTH SUBSTANCE SUPPORT



MaCYSS
Monaghan & Cavan
Youth Substance Support



**Alcohol
Forum
Ireland**

A free Service for Young People (12-18yrs) addressing alcohol and other drug use/concerns.

How do we work...

With the Young Person we work confidentially to manage, reduce or stop alcohol and other drug use that may be a problem.

Together we do this by...

- Having one to one conversations
- Putting together a Young Persons plan
- Providing information and education
- Working with the family
- Exploring additional support

For more information & details on how to refer:

Phone: **085 744 2857**

Email: MaCYSS@alcoholforum.org

Web: www.alcoholforum.org





HSE SPEECH AND LANGUAGE



Chatterbox is an early intervention service (0-6 years). It is part of Cavan/Monaghan HSE Primary Care Speech and Language Therapy Department. Our goal is to prevent, identify early or minimise Speech and Language difficulties. Chatterbox works in close partnership with families and those from the statutory, community and voluntary sectors.

Some of what we do includes:

- Parental & childcare training courses.
- Screening in preschools to identify speech and language needs.
- Informal support at community groups. These include parent & toddler and breast-feeding groups.
- Specific support in childcare settings for children with identified Speech and Language needs.
- Home visit support (when in line with Home visit criteria)

The Chatterbox Service (Cavan/Monaghan), Monaghan Primary Care Centre, St. Davnet's Complex, Rooskey, Monaghan. H18 DE78. Phone: **047 30490**.

Email: elizabeth.downey@hse.ie / carmel.feely@hse.ie

MONAGHAN COUNTY CHILDCARE COMMITTEE CLG:



We support parents/guardians to understand their childcare choices, to know to ask the right questions when choosing their Early Learning and Care or School age childcare Service or childminder and to access relevant information about the service.

- Provide information.
- We provide contact details on all Parent & Toddler Groups within the county.
- We assist parents who have children with additional needs to access a Pre-school place for their child and then to engage with the AIM (Access & Inclusion Model) who can offer support to the child while attending the service.
- We also support parents to understand the Department of Children Equality Disability Integration and Youth (DCEDIY) funding options which offer parents access to registered childcare providers at a more affordable cost through subsidies.

Monaghan County Childcare Committee,
17 The Grange, Plantation Walk, Monaghan.
Phone: **047 72896**

MONAGHAN SPORTS PARTNERSHIP



Monaghan Sports Partnership is an organisation which promotes participation in sport and physical activity across every population group in County Monaghan - Children need to be physically active for at least 60 minutes per day and with this in mind, we work with Schools, Pre-Schools, After-School, Community groups, Sports Clubs, and statutory bodies by introducing or supporting various programmes to support the activity levels of children and young people. Some initiatives include: Playground markings, Fundamental Movement Skills, Learn to Cycle, Volleyball, Tug of War, and adapted activities for children with additional needs. We have produced a family fun games and activities booklet for families to use at home.

Monaghan Sports Partnership, Íontas Centre,
Castleblayney, Co. Monaghan, A75 HK09.

Phone: 042 9755126

Email: info@monaghansports.ie

Website: www.monaghansports.ie

Facebook: www.facebook.com/monaghansports

Connect

Take the time to connect with those around you and nurture your relationships. These connections are essential to health and happiness.



YOUTH CLUB and and Supports

FORÓIGE



The purpose of Foróige is to:

- Enable young people to involve themselves consciously and actively in their own development and in the development of society.

Foróige's work is about development. We aim to empower young people to develop their own abilities and attributes, to think for themselves, to make things happen and to contribute to their community and society. As a result, they develop increased self-confidence, self-reliance, resilience, and greater capacity to take charge of their lives. Foróige's clubs, projects and services, and education programmes are designed to achieve these outcomes. Key features of Foróige's educational process are that young people have ownership of the process, interact with real life situations, learn by doing, are actively involved in the community; there is involvement of adult volunteers; there is an emergent curriculum responsive to young people's needs; the process is community based.

<https://www.facebook.com/monaghan.foroige/>

<https://www.foroige.ie/>

Garda Youth Diversion Projects

Funded by DCYA (Irish Youth Justice Service) Delivered by Foróige, out of The Neighbourhood Youth Project, Mullaghmatt, Monaghan Town. Big Brother Big Sister volunteer led youth clubs Contact: **Siobhan Collins** Tel: **086 0209181** Email: **siobhan.collins@foroige.ie**

YOUTH WORK IRELAND CAVAN MONAGHAN



The purpose of Youth Work Ireland is to:

- support youth development through an informal education process enabling young people to build better local communities.

We do this by providing a community-based response to young people's needs by offering them the opportunity to contribute to and participate in social education, artistic and recreational activities.

We believe that all young people have the right to access youth service facilities. In Rural Ireland, these services can be more difficult to access and so we



endeavour to find new, innovative, and creative ways to work effectively in our service delivery reaching as many young people as we possibly can.

Our Services include: Youth Information, Detached Youth Work, Include Youth Service, Bounce Back Youth Service, Youth Club Development, Personal Youth Development Programmes and Comhairle na nÓg. We offer services in Clones, Castleblayney, Carrickmacross, Ballybay, Bailieborough, Belturbet, Ballyconnell and Ballyjamesduff.

For more information: Email: info@ywimonaghan.ie
Tel: 042 9751979 Website: www.ywimonaghan.ie



The Department of Children and Youth Affairs (DCYA) funded youth scheme with funding from the National Lottery and administered locally by Cavan and Monaghan Education and Training Board (CMETB).

CAVAN & MONAGHAN RAINBOW YOUTH



Cavan & Monaghan Rainbow Youth is an LGBTI+ youth service for counties Cavan and Monaghan. Our LGBTI+ Youth Development worker is available to provide, information and training to schools and youth clubs, as well as provide support for parents & young LGBTI people.

Confidential One-to-one Support for LGBTI+ young people, parent, caregiver & sibling support / group support & sibling support.

For more information:
Tel: 087 2193904 Website: www.camry.ie
Email: info@camry.ie Twitter: @CAMrainbowyouth

PLANET YOUTH

Planet Youth is an international evidence-based primary prevention model, developed by the Icelandic Centre for Social Research and Analysis (ICSRA) at Reykjavik University.



It was initially developed in order to reduce substance use rates amongst young people. Planet Youth was introduced to Cavan and Monaghan in research collaboration with the RCSI – Royal College of Surgeons in Ireland and just over 1700 young people across Monaghan and Cavan took part in a research questionnaire in Nov 2021 which explores many aspects of our teenagers lives. the results may surprise you and are available at

<https://planetyouthpartner.ie/cavan-monaghan/>

FAMILY RESOURCE CENTRES (FRC'S) in Monaghan



TEACH NA NDAOINE

Teach na nDaoine Family Resource Centre's aim is that all children, families and communities will actively participate and be included in a society that is free from prejudice, inequality, discrimination and exclusion, which will contribute to their greatest possible well-being. At Teach na nDaoine we offer a number of supports to families locally and throughout the county.

Family Support:

Within Teach na nDaoine our family support workers offer a wide range of support. This includes one to one support with housing, food, health, parenting, budgeting and education. The Family Support workers aim to build a relationship with the family, help them through struggles and crisis, empower the parent and help them learn to cope again with everyday family life. Teach na nDaoine also offer a drop in family support clinic weekly which is run every Wednesday morning from 10-12pm. This is a free of charge service for anyone in the county to drop in for support with any problem they may need help with.

Oriel Counselling Service:

At Teach na nDaoine we offer a counselling service. Counseling is a way of helping people to make changes in their life, make decisions, face new challenges, set goals and be supported in a caring and compassionate environment. We offer a caring and confidential service delivered in a professional manner. Our service operates to the highest standards and counsellors are accredited or working towards accreditation with IACP (Irish Association for Counselling and Psychotherapy), IAHIP (Irish Association for Humanistic and Integrative Psychotherapy), BACP (The British Association for counselling and Psychotherapy).

Mental Health Support:

At Teach na nDaoine there is a Mental Health Worker who strives towards utilising the strengths and resilience of communities to create awareness, educate, break down barriers, and offer solutions to the complex issue, which is mental health. One to one and group support is offered.

Youth Activities;

In Teach na nDaoine there are a range of activities offered to children and youth throughout the year. On a week to week basis this includes Breakfast Club, Homework Club and Youth Cafes. During the summer there is a 6 week summer camp ran from the centre ensuring children have an unforgettable summer of laughter and fun.

Community Education:

Teach na nDaoine offers Local Training Initiative programmes. This training will gain you a QQI in Employability.

Teach na Daoine:

Monaghan Oriel Way, Mullaghmat/Cortolvin,
Co. Monaghan (North East Region).
Tel: 047 71398



CLONES FRC

Unit 5, Clones Business Technology Park, Jubilee Road,
Clones, Co Monaghan (North East Region).
Tel: 047 52919

Clones Baby and Toddler Group:

This group is open to parents, grandparents, guardians, and carers of preschool children aged from birth to school age. The group meets every Wednesday morning during term time and welcomes new members. There is a scheduled programme of activities for each week including Baby Yoga, Stay and Play, Music and Movement to name but a few. Healthy snacks are provided and the cost per family is €3 per morning. It is run under Beacon Family Support Project / Tusla.

Clones Parenting Group:

This group caters for parents and children aged from four to 12 years and is run by a small steering group of parents. The parents and children enjoy a range of activities during the year including an Easter Egg Hunt, Hallowe'en Party, Christmas party and a special summer outing. The parents undertake training annually such as First Aid or Suicide Awareness workshops. Most of all it is a peer support group for local parents and their children. Small grants are applied for and the remainder of the costs are paid for by the members.

FAMILY Services

COUNSELLING SERVICES

The HSE National Counselling Service (NCS) is a professional, confidential counselling and psychotherapy service available free of charge in all regions of the country. This service is for people with mild to moderate psychological difficulties. It is a short-term counselling service that provides up to 8 counselling sessions with a professionally qualified and accredited Counsellor/Therapist. Available to Medical card holders.

Tel. 1800 234 117

PRIMARY CARE PSYCHOLOGY SERVICE

Monaghan Primary Care Psychology Service provides psychological assessment and intervention to children and adults who present with mild to moderate mental health difficulties. The service is a stepped care model, which provides different levels of intervention depending on the findings from the psychological assessment. Psychological intervention is provided through consultation, workshops, groups and individual sessions. Public talks are also facilitated. Parent workshops support parents to address issues to manage their child's anxiety, understand their emotions and behaviour. Group interventions provide more intensive intervention in these areas with a greater focus on connection and parent child relationships. Referrals are facilitated through GP's, Health Care Professionals, Enable Ireland and Tusla. This is a free service with Monaghan clinics provided in the Primary Care Building in St. Davnets Campus, Monaghan and Carrickmacross Primary Care Centre, Oriel Road, Carrickmacross, Co. Monaghan, A81 C642.

Please contact 047 95580 for direct enquiries.





DOMESTIC ABUSE

Domestic violence is also called domestic abuse. It includes physical, emotional, and sexual abuse. It happens in couple relationships or between family members. Domestic violence can happen against women and men. It can also happen against children. Anybody can be an abuser. If someone is hurting you it can be very scary and may be difficult to know how to stop it. No one has the right to be violent towards you, no matter who they are. <https://www2.hse.ie/wellbeing/mental-health/domestic-violence-and-abuse.html>

CAVAN AND MONAGHAN DOMESTIC ABUSE SERVICES

Cavan and Monaghan Domestic Abuse Services (formerly Tearmann Domestic Abuse Services) were set up in response to the escalation of domestic abuse in Monaghan. Domestic abuse is the threat or use of physical, emotional, psychological, financial, and sexual abuse in close adult relationships. Don't suffer in silence - There is help available. Whether you just want to talk, or take further action, support and information are available at Cavan and Monaghan Domestic Abuse Services.

Phone: 085 8102433 and 087 3654101



CAVAN AND MONAGHAN SERVICES DIRECTORY

The Cavan Monaghan Services website provides official listings of services for children, young people and families in Cavan and Monaghan. This includes *information on health, mental health, education, disability, youth, childcare, and other services*. The website's development was supported by the Monaghan and Cavan Children and Young People's Services Committee (CYPSC) which has membership from local statutory, community, and voluntary agencies in the region and it is operated and maintained by Cavan and Monaghan CYPSC.

<https://www.cavanmonaghanservices.ie>



YouThrive

YouThrive is an early intervention youth mental health service based in Cavan/Monaghan which provides a brief intervention for 12 to 25 year olds with mild and emerging mental health difficulties. We provide evidence based advice and guidance regarding mental health issues including supportive problem solving and decision making, emotional support, goal setting, psycho-education and psycho-therapy where appropriate. We can also signpost and recommend referral to other services if appropriate.

Monday - Thursday 9am - 5pm; Friday 9am - 3pm.

YouThrive, Cavan Monaghan, Youth Hub, Wellbeing Centre, Castleblayney, Co. Monaghan, A75 RT02.

Tel: 042 9674915

Email: eiymhscm@hse.ie

USEFUL CONTACT NUMBERS FOR SUPPORTS FOR CHILDREN & YOUNG PEOPLE WITH ADDITIONAL NEEDS

UNIQUE PARENTS SUPPORT GROUP

Email: clonesunique@gmail.com

Support group of parents with children who have additional needs. We aim to help each other with tips and advice we have accumulated through experience gained from our own children.

DOWN SYNDROME CENTRE NORTH EAST

Tel: 042 9423181 FB @downsyndromecentrenortheast

The Down Syndrome Centre (DSI) provide essential services, information and support to people with Down Syndrome and their families in the North East.

MONAGHAN SPECIAL NEEDS ACTIVE PARENTS (SNAP)

Tel: 086 2108981 Facebook @snapmonaghan

A parent led support group for families of children with additional needs, based in Co Monaghan.



NATIONAL FEDERATION OF ARCH CLUBS

A club to provide a social outlet for people with special needs. To develop their social skills, self-esteem and quality of life and provide support. Aimed at members aged 16+ yrs Monaghan Town Arch Club.

MONAGHAN SPECIAL OLYMPICS Tel: 087 7985451

Monaghan Special Olympics provide year round sports training and competition opportunities for children and adults with an intellectual disability.

Other Useful Links



IRISH REFUGEE COUNCIL

Tel. 01 7645854 Email: info@irishrefugeecouncil.ie

The IRC provides information, and support to refugees and people seeking asylum in Ireland.

BELONG TO YOUTH SERVICES

Tel. 01 670 6223 (Monday-Friday 9am-1pm & 2-5pm)

BeLonG To Youth Services is the national organisation supporting lesbian, gay, bisexual, transgender, and intersex (LGBTI+) young people in Ireland.

ONLINE SUPPORT PARENTLINE

Tel. 01 8733500

Mon-Thurs 10am-9pm and Friday 10am-4pm

CUIDIÚ

https://www.cuidiu.ie/Supports_Parenthood_Postnatal-Depression

ONE FAMILY is Ireland's national organisation for one-parent families. We work with all types and all members of one-parent families, respecting the realities of family life, to affect positive change and achieve equality and social inclusion for all one-parent families in Ireland. Web. <https://onefamily.ie/>

Tel 0818662212 Email info@onefamily.ie

For more information on local and national services and supports please visit www.cavanmonaghanservices.ie

COCO'S LAW important!

In February 2021 the Harassment, Harmful Communications and Related Offences Act was commenced, known as Coco's Law.

Coco's Law creates two new offences which criminalise the non-consensual distribution of intimate images:

- **It is an offence to** distribute or publish intimate images of a person, without consent and with intent to cause harm. Penalties include an unlimited fine and/or 7 years imprisonment.
- **It is an offence to** take, distribute or publish intimate images of a person without consent even if there is no specific intent to cause harm. Penalties include a maximum fine of €5,000 and/or 12 months' imprisonment.

Importantly, this applies even if the person initially gave consent for the picture to be taken, but they were later shared with other people without their consent.

sexting

What is sexting?

Sexting is the sending or receiving of sexual words, pictures, or videos via technology, typically a mobile phone and other social networks.

If sexual images or videos of a child or young person (under 17 years of age) are shared or stored on a device, this meets the definition of child pornography which is illegal.

If someone receives a sext or other pornographic material they can report this to www.hotline.ie

This is an anonymous facility to report suspected illegal content. Remember, if you are under 18, a sexual image of you will be considered child exploitation material. This means that you and the person you send it too could be in some very serious trouble.

Possessing or distributing explicit images of a young person under 18 is illegal and can lead to criminal prosecution. Penalties can include imprisonment and/or a fine. Offenders are also automatically added to the sex offenders register for at least 2 ½ years and there are no exceptions.





important things to know about consent

- 1** Consent is always freely given, it is a choice you make and should be made without the influence of alcohol, drugs or pressure.
- 2** A person can always change their mind at any time about what they want to do, even if they have done it before.
- 3** Consent is clear and specifically saying yes to one thing like kissing doesn't mean you have said yes to anything else.
- 4** Without consent, sexual activity is sexual assault or rape.
- 5** The legal age for consent to sexual activity in Ireland is 17



Are you a Positive Parent?

POSITIVE authoritative

This type of parent:

- Enables a child to make his/her own choices
- Makes clear rules and enforces them
- Rewards children's positive behaviour
- Is involved in their child's daily life where possible

BOSSY authoritarian

This type of parent:

- Has expectations for a child that are too high
- Does not enable a child to make his/her own choices
- Often insults and belittles a child
- Often ignores good behaviour and excessively punishes a child

EASY GOING Laissez-faire

This type of parent:

- Lets child do what he/she wants
- Does not establish any rules for a child
- Will give in to a child having tantrums
- Provides no structure for a child

DISTANT Neglectful/Rejecting/Disengaged

This type of parent:

- Does not have a close relationship with a child
- Allows a child to do what they want
- Shows little interest in a child's behaviour or aspirations
- Does not supervise a child/or arrange adequate supervision when needed

<https://www.tusla.ie/parenting-24-seven/>

Are you a positive parent source: Lifestart Spirals Programme
<https://www.tusla.ie/parenting-24-seven/6-12-years/a-positive-parenting-style-works/are-you-a-positive-parent>

Top tips source: Parenting Limerick - Information on Parenting Supporting Limerick Booklet.



Take notice

Sometimes, the days can rush by in a blur of just getting things done. Take some time to be still, take a deep breath and notice the sounds, smells and sights around you.

Parenting Monaghan,
Unit 9 Drumillard Business Park,
Castleblayney,
Co. Monaghan.

T 042 97 49500

E parentingmonaghan@gmail.com

www.parentingmonaghan.ie



**Parenting
Monaghan**

TÚSLA

An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency

