

Parents who have attended the group have said things like:
"I have learned the skills to stay calm, negotiate and talk to my teenager about how to plan ahead and solve problems that may arise"

HSE and Tusla recommend the Parenting Courses listed below

Parenting courses are provided in your community by HSE and Tusla, in partnership with Family Resource Centres and Community and Voluntary groups.

These courses give you as parents the opportunity to discuss parenting and explore and practice different ways of interacting with your children. This supports improved confidence and less stress for parents, and improved communication, quality family relationships and happy, confident and resilient children.

Parenting Courses in Sligo Leitrim, West Cavan - May 2019

prepared by Parenting Hub Support Worker, further information contact kaysligochildcare@gmail.com Phone 071/9148860

For Who?	Where?	What & When?	How can I find out more or book a place?	Cost?
Parents of children 2 -10 years	Sligo Markievicz House, Conference Room Barrack Street, Sligo	Triple P Positive Parenting Course Workshop - Dealing with Disobedience Wed 29 th May 7-9pm Workshop - Managing Fighting and Aggression Wed June 12 th Time 7-9pm Workshop - Developing good bedtime routines' Wed June 19 th Time 7-9pm	Contact Kay at Sligo County Childcare Committee 0719148860 or kaysligochildcare@gmail.com	Free
	Sligo Ballymote Family Resource Centre, Keash Road, Ballymote, Co. Sligo	Triple P Positive Parenting Course Group To be confirmed depending on demand 7-9pm	Contact Kay at Sligo County Childcare Committee 0719148860 or kaysligochildcare@gmail.com	Free
	Leitrim Education Centre, Carrick on Shannon	Triple P Positive Parenting Course Workshop - Developing good bedtime routines Thurs May 30 th Time 7-9pm Workshop - Dealing with disobedience Thurs June 6 th Time 7-9pm	Contact Kay at Sligo County Childcare Committee 0719148860 or kaysligochildcare@gmail.com	Free
Parents of children and Young people 11 - 16 years	Sligo West Sligo Family Resource Centre, Unit 5, Castle park House, Pier Road, Enniscrone, Co. Sligo	Parent Plus Adolescent Programme A 7 week evidence based parenting course promoting effective communication and positive relationships in families with adolescents aged 11 to 16 years course taking place every Wednesday from 15 th May from 10am to 12.30pm	For more information or to reserve your place, please contact: West Sligo FRC Phone 096/37444	€15