



Geraldstown House Family Resource Centre

**** Celebrating 30 years in the Ballymun Community ****

Programme: Jan– June 2018

Group	Day	Date	Time	Contact
'Time with my Child' (for Parents & Children 0-5yrs)	Monday or Friday	Jan - June	10:00 – 12:00	Liz Butler Liz.butler@tusla.ie 086 805 9323
'Relaxation for Parents' (6 week programme)	Thursday Tuesday Thursday	Feb 22 nd – Mar 29 th Apr 24 th – May 29 th	9:30 – 11:30	Catherine or Jackie Jackie.mulligan@tusla.ie Catherine.smith@tusla.ie
'Wellness Recovery Action Plan Programme' (WRAP) (6 weeks)	Tuesday	Jan 30 th – Mar 13 th	10:00 – 12:30	Catherine or Jackie Jackie.mulligan@tusla.ie Catherine.smith@tusla.ie
'Mindful Way' (6 week introductory course to Mindfulness)	Tuesday	Feb 1 st – Mar 22 nd	10:00 – 11:30	Marian O'Flynn HSE PHCT Tel: 01 846 7007 Marian.oflynn@hse.ie
'Incredible Years Schools Programme' (School age Programme)		Jan 30 th – Mar 12 th (in Our Lady of Victories NC)		Liz McCarthy youngballymun Tel: 01 883 2172 / 087 6347 001 liz@youngballymun.org
'Strengthening Families Programme' (15 weeks)	Tuesday	6-11yrs program: or 12-16yrs Program: Feb 20 th - May 29 th	17:00 – 20:00 or 18:00 – 20:30 TBC	Mary Fitzpatrick BLDATF Tel: 01 883 2142 marysfp@ballymundtf.ie
'Parents Support Group'	Wednesday	Jan - June	10:00 – 12:00	Jackie or Silvia Jackie.mulligan@tusla.ie Silvia.busto@tusla.ie
'Mindfulness Meditation Practice' (for Mindful Way graduates)	Wednesday	Jan - June	10:00 – 11:00	Catherine Catherine.smith@tusla.ie
'Cook It Programme for Parents' (6 week programme)	Thursday	Feb 1 st – Mar 22 nd May 10 th – Jun 14 th	10:00 – 12:00	Jackie or Silvia Jackie.mulligan@tusla.ie Silvia.busto@tusla.ie
'Foster Parent Support' (6 weeks)	Thursday	Apr 26 th – May 31 st	10:00 – 12:00	Catherine Catherine.smith@tusla.ie
'Ballymun Breastfeeders'	Friday	Jan – June	14:00 – 16:00	Liz Butler