

Community Support

Hill Street Men's Group

A space for men to come together, meet new people, share stories and learn new skills.

Tuesday 19.00-21.00

€2.00 per person

Hearing Voices

Hearing voices, seeing things and other unusual experiences are common responses to extreme stress. Peer support group is open to everyone who has these experiences.

Thursday 18.00-20.00

€2.00 per person

Contact: Bernie 085 7827596

Dublin Central Housing Action Support Group

Practical information on tenant's rights, Support dealing with landlords & the council, help accessing services and more. Relaxed place to meet other people in similar situations. **Contact: 087 456 6355**

Friday 13.00-15.00

Supporting Access Visits

We offer a supportive and neutral environment for agreed child access visits for separated parents. *Agency referral only.*

Contact Reception

on 01 874 6810 or email:

info@hillstreetfrc.ie

Summerhill Public Health Nurse Clinic

Wednesday 10.00 - 12.00 & 14.00-15.30

Appointments Only

Please contact Summerhill Health Centre outside of these times: 01 8554244

Counselling

Hill Street Adult Counselling Service

Confidential counselling service available to adults 18+ who feel they would benefit from support on issues relating to bereavement, loss and relationship difficulties. To make an appointment please leave your details on the counselling line messaging service. *Agency and self-referrals are accepted. Payment by donation.*

Contact: Confidential Counselling Line

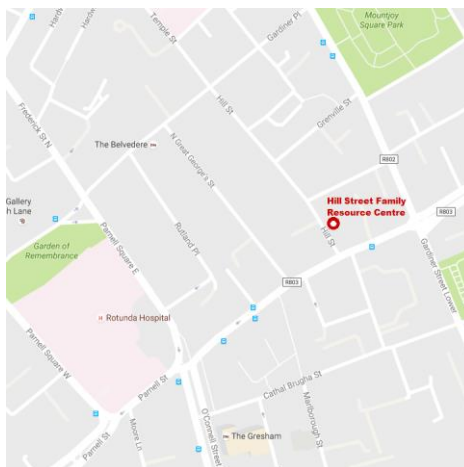
085 8532741

Hill Street Child Counselling Service

Our Child Counsellors & 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. Child Counselling involves working with the child using creative methods such as art, drawing, sand tray, play and story making. *Agency and Self referrals are accepted. Payment by donation.*

Contact: Confidential Counselling Line

085 8532741



April - June

2018

Programme

Hill Street Family Resource Centre

Hill Street Playground

Hill Street

Dublin 1

Ph. 01 874 6810 | 01 872 8736

info@hillstreetfrc.ie

www.hillstreetfrc.ie

 /HillStreetFamilyResourceCentre



Family Support

Understanding the Importance of Play

These groups provide an ideal environment for parents to engage and play alongside your child. It is a time for you to meet with other parents and children, make friends and share your experiences. Group leaders are present to offer support and advice in relation to your child's development and parenting concerns.

Monday 9.30-11.00 Age 0-1.5 years

Thursday 9.30-11.30 Age 1.5-2.5 years

Friday 9.30-11.30 Age 0-3.5 years

Children's Activity Group

Afterschool activities with a focus on child development for preschool and primary school children aged 3.5 - 6 years. Activities include: play time with a wide variety of age appropriate toys, arts and crafts, stories and songs, music and movement, outdoor play, fun and games.

Monday 14.15-16.30 Age 4.5-6 years

Tuesday 14.15-16.30 Age 3.5-4.5 years

Thursday 14.15-16.30 Age 3.5-6years

Preparing for Pre-School

These sessions are designed to prepare your child for starting preschool. The aim of the programme is to support the gradual development of your child's independence skills, their social interactions, their language and communication skills. Parents attend with their child from September to December. Parents are not required to stay with their child from January to June.

Wednesday 09.30-12.00

Incredible Years Parenting Programme

This course is for parents with children up to the age of 8 and is designed to help strengthen their parenting skills. It covers a range of parenting topics including establishing routines and dealing with behavioral issues.

From 20th of February to 5th of June

Tuesday 09.45-12.00

€2.00 per person €5.00 with childcare

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 in the Centre's Family Support Room or in the home. *Agency referral only.*

Venue Hire

Need a venue to host your class or see private clients? We offer facilities to suit various needs. To get more information on room bookings please call us on:
01 8746810 or 01 8728736

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

A contribution of €2.00 per family for all groups and classes is welcome.

Community Groups & Events

Conversational English Group

Would you like the opportunity to learn to speak English with more confidence in the relaxed atmosphere of a small group? Join us for our conversational English classes. The group will be limited to 10 people. Limited childcare spaces available. *Advance booking required.*

Tuesday 10.00-12.00

€2.00 per person €5.00 with childcare

Healthy Body Healthy Mind Workshops

This course will cover aspects of Mindfulness and Meditation, Relaxation, Stretching Exercises and Gentle Yoga. Open to all adults. Limited childcare spaces are available. *Advance booking required.*

Friday 10.00-11.30

€2.00 per person €5.00 with childcare

Hill Street Cafe

Join us every Wednesday for Tea, Coffee, Chats and a chance to meet new people, learn new skills and discuss the issues that matter to you most. Limited childcare spaces available.

Wednesday 9.30-12.00

Annual Family Fun Day

We are delighted to invite you to our yearly event that includes arts & crafts, food, face painting & entertainment.

Friday June 29th

For community support and events contact Sharon on 01 874 6810 or email: developmentworker@hillstreetfrc.ie