

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

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 booking:

Call: 01 8746810 or 01 8728736

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+. Please leave your contact details on the counselling line messaging service and a counsellor will get back to you. *Agency and self-referrals are accepted. Payment by donation.*

Contact: Confidential Counselling Line

085 8532741

Hill Street Child Counselling Service

Our 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.

Agency and Self referrals are accepted. Payment by donation.

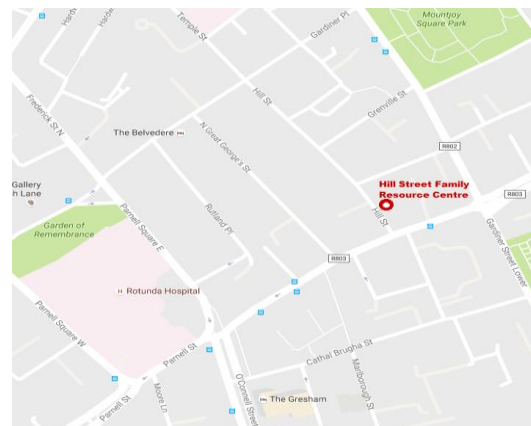
Contact: Confidential Counselling Line

085 8532741

Supporting Access Visits

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

Call 01 874 6810 to book a room.



September - December

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



Family Support

Understanding the Importance of Play

These groups provide a safe space to engage and play alongside your child. It is a time to meet with other parents and children, make friends and share experiences. Group leaders are present to offer child development and parenting support and advice.

Tuesday 09.30-11.00 Age 1-2 years

Wednesday 11.15-12.45 Age 0-3 years

Friday 09.30-11.00 Age 2-3 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, arts and crafts, stories and songs, music and movement and outdoor play.

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 preschool. We aim to support the gradual development of your child's independence skills, social interactions and language and communication skills. Parents attend with their child from September to December. Parents are not required to stay with their child on Mondays from January to June.

Monday 09.15-11.15

Wednesday 09.15-11.15

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

Parent and Baby Group

This is a group for parents/carers to deepen your understanding of your baby's development and to support you to discover your baby's unique amazing abilities and includes Baby Self Weigh.

Friday 11.15-12.45 Age 0-1 years

Roma Parent and Child Group

Peer support group for Roma parents and children. A Romanian speaking facilitator will facilitate this group.

Thursday 09.30-11.00

Restorative Parenting Programme

This is an 8-week course for parents, designed to help strengthen their parenting skills. It covers a range of parenting topics including communications and dealing with behavioral issues.

From 20th of September to 15th November

Thursday 09.30-11.30

€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.*

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

Community Groups & Events

'Improve your English' Conversational Class

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 09.30-11.30

€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 09.30-10.30 and 10.45-11.45

€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.

Wednesday 09.15-11.15

Planning Group for our 2019 Chinese New Year Celebration

Are you interested in helping to plan our 2019 event? Please email info@hillstreetfrc.ie with your contact details and we will be in touch.

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