

## 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.

**Contact by email:**

**[dublincentralhousingaction@gmail.com](mailto:dublincentralhousingaction@gmail.com)**

### Venue Hire

Need a venue to host your group or see private clients? We offer facilities to suit various needs. To get more information on room booking:

**Call: 01 8746810**

### Summerhill Public Health Nurse Clinic

**Wednesday 10.00 - 12.00 & 14.00-16.30**

*Appointments Only*

**Please contact Summerhill Health Centre outside of these times: 01 9211500**

## 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.*

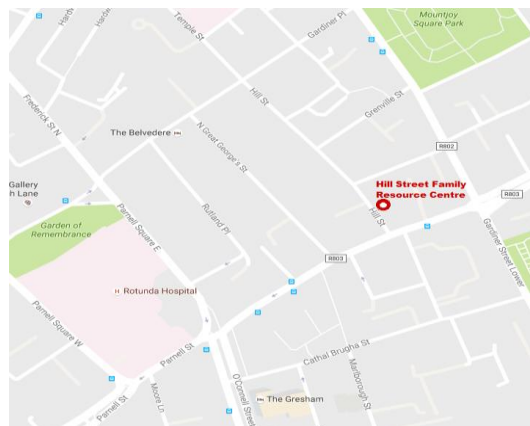
**Contact: Confidential Counselling Line:**

**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.**



**January-April**

**2020**

**Programme**

Hill Street Family Resource Centre

Hill Street Playground

Hill Street

Dublin 1

Ph. 01 874 6810



[info@hillstreetfrc.ie](mailto:info@hillstreetfrc.ie)

[www.hillstreetfrc.ie](http://www.hillstreetfrc.ie)



## Family Support

### Understanding the Importance of Play

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

**Monday 09.15-10.45 Age 1-2 years**

**Wednesday 11.15-12.45 Age 0-1 years**

**Thursday 11.15-12.45 Age 0-3 years**

**Friday 09.15-10.45 Age 2-3 years**

### Children's Activity Group

Afterschool activities with a focus on child development for children aged 3.5 - 6 years. Activities include free play, art and crafts, 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**

### Science and Sport for Girls

Two-part programme introducing Science and Sport to girls.

**Wednesday 14.15-16.30 Age 4.5-6 years**

### Preparing for Pre-School

These sessions help prepare your child for preschool by gradually developing your child's independence, language and communication skills. Parents attend with their child from September to December and then attend our parent's café from January to June.

**Tuesday 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.

**Wednesday 11.15-12.45 Age 0-1 years**

### New Families Registration

**A time for new families to meet with the staffs. Learn about our program and complete the registration process.**

**Friday 11.15-12.45 Age 0-6 years**

### 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. Limited childcare available.

Starting 26<sup>th</sup> March 2020

**Thursday 09.15-11.00**

€3.00 per person €6.00 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 focus 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, Raluca or Jennifer on 01 874 6810 or email: [childteamleader@hillstreetfrc.ie](mailto:childteamleader@hillstreetfrc.ie)**

## Community Groups & Events

### Roma Parent and Child Group

Peer support group for Roma parents and children. A Romanian speaking facilitator will facilitate this group. Limited childcare spaces available. *Advance booking required.*

**Thursday 09.00-11.00**

### 'Improve your English' Conversational Class

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

**Tuesday 11.15-12.45**

€2.00 per person €5.00 with childcare

### Time for me

#### Positive Health and Wellbeing

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

**Tuesday 11.30-12.30**

€2.00 per person €5.00 with childcare

### Parents Cafe

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

**Tuesday 09.15-11.15**

**Wednesday 09.15-11.15**

**For community support and events contact 01 8746810 or email: [info@hillstreetfrc.ie](mailto:info@hillstreetfrc.ie)**