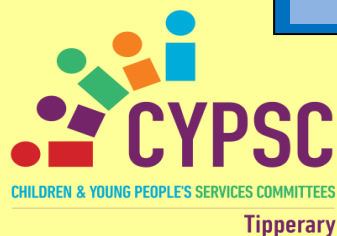
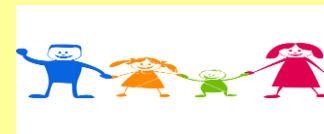


# Parenting Supports in Co. Tipperary: January - March 2021



WELCOME TO THE TIPPERARY CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEE PARENTING SUPPORT CALENDAR, JANUARY - MARCH 2021. THE INFORMATION BELOW IS ORGANIZED UNDER 5 SECTIONS, AS FOLLOWS:



- Parenting Group Programmes
- Parenting Supports
- Parent & Toddler Groups / Mother & Baby Groups
- Parenting Talks/Workshops
- On-line Resources

Please note that Covid-19 restrictions will confine contact with services to social media platforms, telephone and on-line facilities from the start of this quarter. Any move to face-to-face contact will need to be confirmed through direct contact with the services.

<b><i>Parenting (Group) Programmes</i></b>					
<b><i>Area</i></b>	<b><i>Details of programme</i></b>	<b><i>Date of Commencement Duration</i></b>	<b><i>Venue</i></b>	<b><i>Target Group</i></b>	<b><i>Contact Details</i></b>
<b>Northern section of Co. Tipperary</b>	<b>TLC Kidz Programme</b> Groupwork programme for children and mothers, meeting in separate groups, who have experienced Domestic Violence. <i>Open for referrals now</i>	Week of 22 <sup>nd</sup> February <u>or</u> of 1 <sup>st</sup> March 2021	Venue in North Tipperary, to be decided.	Children aged between 5 -16 years <u>and</u> their mothers from the North of the county.	<i>Margaret Carroll Blake, Barnardos Thurles Tel. (0504) 20018 E-mail: <a href="mailto:info@thurles.barnardos.ie">info@thurles.barnardos.ie</a></i>

<p><b>Northern section of Co. Tipperary</b></p>	<p><b>Circle of Security Parenting: Group programme:</b>          COS-P focuses on how parent – child relationships can be strengthened. By strengthening security of attachment, it is thought that:</p> <ul style="list-style-type: none"> <li>- Children are better able to seek care and comfort in adaptive ways and explore their environment in safe but enjoyable ways and</li> <li>- Parents are better able to identify and meet the emotional needs their child may be communicating through their behaviour and to facilitate growing independence.</li> </ul>	<p>Commencement date will depend on level of interest in and demand for participation in the programme.</p>	<p><i>The programme will be run on Zoom</i></p>	<p>Parents and carers of children and young people up to 16 years.</p>	<p><i>Fiona Naughnane,          Silver Arch Family Resource Centre, Nenagh</i></p> <p><i>Tel. (067) 41924          087 - 7921883</i></p>
	<p><b><u>Strengthening Families Programme: Group programme:</u></b></p> <ul style="list-style-type: none"> <li>- It aims to give parents and their children the opportunity to learn new, healthy communication skills that create positive relationships within families. These new skills also assist and reduce the risk of young people getting involved in adverse behaviours.</li> <li>- 3 strands of training: parent skills, teen skills, and Family Life Skills.</li> </ul> <p><i>Open for Referrals <b>now</b></i></p>	<ul style="list-style-type: none"> <li>- To start in <u>April 2021</u></li> <li>- 14 weekly sessions</li> </ul>	<p>Venue in Nenagh</p> <p><b><i>Transport will be provided if needed</i></b></p>	<p>Teenagers, aged 12 – 16 years with parent or responsible adult, residing in <u>Northern part of the county</u>.</p> <p>Open to teenagers either with or without Substance Misuse issue</p>	<p><i>Áine O'Brien,          Community Substance Misuse Team</i></p> <p><i>Tel. (061) 318904          086- 414 1890</i></p> <p><i>E-mail: <a href="mailto:aobrien@csmt.ie">aobrien@csmt.ie</a></i></p>

<b>Tipperary town</b>	<b>Parenting when Separated (<i>Parents Plus</i>)</b> <u>Group programme:</u> - solving co-parenting problems and coping with the emotional impact of separation for parents and children.	- To commence on Tuesday, 16 <sup>th</sup> February 2021, 10.00 a.m. – 12.30 p.m.  - 6 weeks programme (16 <sup>th</sup> Feb. – 23 <sup>rd</sup> March 2021)	Knockanrawley Resource Centre  <i>Face-to-face with Covid 19 protocols or on Zoom</i>	Separated Parents of children & young people, 0 – 12 years from North Tipperary area	<i>Helen Buckley, Knockanrawley Resource Centre, Tipperary town Tel. (062) 52688</i>  <i>Marian Clarke, Three Drives Family Resource Centre Tel. (062) 80831</i>
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## **Parenting Support**

<u>Area</u>	<u>Details of services</u>	<u>When</u>	<u>Venue</u>	<u>Target Group</u>	<u>Contact Details</u>
<b>Northern section of Co. Tipperary</b>	<b>Partnership with Families project: Advocacy service for parents of children in the care of Túsla</b> - To support parents to engage with Túsla and other relevant services - To support parents to have continued involvement with their children in care	<u>Availability by phone:</u>  Monday to Friday, 10.00 a.m. – 4.00 p.m.	<i>Phone-based contact until further notice</i>	Parents of children in the care of Túsla in the North of the county.	<i>Eileen Healy, Advocacy Worker, Silver Arch Family Resource Centre, Nenagh</i>  <i>Tel.(067) 31800</i>
	<b>Traveller Family Support project, North Tipperary Development Company</b> Support is provided to parents and families of the Travelling community in their own homes and neighbourhoods by phone and Home Visiting.	Monday – Friday, 9.00 a.m. – 5.00 p.m.	<i>Type of contact is dependent on Covid-19 restrictions level</i>	Traveller families in the North of the county	<i>Traveller Programme Coordinator, North Tipperary Development Company, Main Street, Roscrea. Tel. (0505) 24166 087 9310946</i>

<p><b>Northern section of Co. Tipperary</b> (<i>Nenagh Thurles Borrisoleigh Borrisokane Ballina Newport</i>)</p>	<p><b>Community Mothers Programme (Nenagh/Thurles):</b> Ongoing parenting support and information provided by experienced facilitators in the following programmes:</p> <ul style="list-style-type: none"> <li>- Infant Baby Massage (enhances Attachment and Bonding)</li> <li>- Circle of Security parenting <ul style="list-style-type: none"> <li>o Focusses on how parent/child relationships can be strengthened</li> <li>o A unique approach, teaching parents new ways to understand children’s needs and behaviours.</li> <li>o Effective ways to respond to these needs and behaviours</li> </ul> </li> <li>- Healthy Weaning workshops and information</li> </ul>	<p>Monday – Friday, 9.00 a.m. - 5.00 p.m.</p>	<p><i>On Zoom</i></p>	<p>Families living in the areas listed with children from birth to pre-school age.</p>	<p><i>Brigid Murphy, Community Mothers Programme, Silver Arch Family Resource Centre, Nenagh</i></p> <p><i>Tel. (067) 31800 087- 278 0029</i></p> <p><i>Email: info@silverarchfrc.ie</i></p>
<p><b>Southern section of Co. Tipperary</b></p>	<p><b>Teen Parent Support Programme (Positive Parenting for Changing Families programme)</b></p> <ul style="list-style-type: none"> <li>- One-to-One</li> <li>- Outreach service</li> </ul>	<ul style="list-style-type: none"> <li>• As required</li> </ul>	<p><i>Type of contact is dependent on Covid-19 restrictions level</i></p>	<p>Teen parents aged 19 years and under in the South of Co. Tipperary</p>	<p><i>Bernie Loughman, St. Catherine’s Community Services, Carlow Tel.085 1101511 (059) 9138700</i></p>

<p><b>Nenagh and surrounding area</b></p>	<p><b>North Tipperary Parents Support Project:</b> Providing support for parents with everyday life events including:</p> <ul style="list-style-type: none"> <li>- Parenting stress</li> <li>- Parental styles</li> <li>- Parenting through Separation</li> <li>- Peer group pressure</li> <li>- Childhood Stress and Anxiety</li> <li>- Social Media concerns</li> </ul> <p>Support is provided in one-to-one sessions, group parenting courses, themed parenting talks, workshops and seminars.</p>	<p>Monday – Friday, 9.00 a.m. – 5.00 p.m.</p>	<p>Silver Arch Family Resource Centre, 52 Silver Street, Nenagh</p> <p><i>Type of contact is dependent on Covid-19 restrictions level</i></p>	<p>Parents from Nenagh, Borrisokane, Newport, Toomevara and surrounding areas</p>	<p><i>Fiona Naughnane, Silver Arch Family Resource Centre Nenagh.</i></p> <p><i>Tel (067) 31800 087 7921883</i></p>
<p><b>Roscrea</b></p>	<p><b>Rocrea Youth Service (RYS) Family Support service:</b></p> <ul style="list-style-type: none"> <li>• Advice/information on parenting</li> <li>• Support on issues affecting parenting</li> <li>• Sign-posting parents to other RYS services as required, including youth counselling, LGBT youth support, the youth project and RAY Garda Youth Diversion Project.</li> </ul>	<p>As required</p>	<p>Roscrea Youth Service, Rosemary Street, Roscrea, E53 C859</p> <p><i>Type of contact is dependent on Covid-19 restrictions level</i></p>	<p>Parents from Roscrea area</p>	<p><i>North Tipperary Development Company - Roscrea Youth Service</i></p> <p><i>Tel. (0505) 24462</i></p>
<p><b>Templemore</b></p>	<p><b>Parenting Support</b></p> <ul style="list-style-type: none"> <li>• Family Support</li> <li>• Advice and information on wider issues affecting parenting</li> <li>• Practical support</li> </ul>	<ul style="list-style-type: none"> <li>- Monday, Tuesday &amp; Thurs., 10 a.m. – 5 p.m.</li> <li>Wednesday, 10 - 12</li> <li>- Drop-In &amp; by Appointment</li> </ul>	<p><i>Type of contact is dependent on Covid-19 restrictions level</i></p>	<p>Parents of children aged 0-17 years in Templemore and environs</p>	<p><i>Aileen Ryan, Family Support Worker Templemore Community Social Services Bank Street, Templemore</i></p> <p><i>Tel. (0504) 31244 <a href="mailto:socialworktss@gmail.com">socialworktss@gmail.com</a></i></p>

<b>Templemore</b>	<b>Parenting Support</b> <ul style="list-style-type: none"> <li>• Advice and information on parenting</li> <li>• Support on issues affecting parenting</li> </ul>	- Tuesday – Friday, 9.30 a.m. – 5.00 p.m.	<i>Type of contact is dependent on Covid-19 restrictions level</i>	Families and Parents of children, aged 0 – 18 years, from Templemore and environs	<i>Sara Leahy, More Family Support Project, Templemore</i>  <i>Tel. (0504) 56641 087-2642203</i>
<b>Thurles area</b>	<b>Parent and Family Support:</b> <ul style="list-style-type: none"> <li>- Support to parents and children</li> <li>- Tailored around specific needs</li> <li>- Includes structured parenting programme, parent-child work and work with children</li> </ul> <p>Available on a <b>one-to-one</b> basis for parents</p>	- During working hours	In the Barnardos Centre <u>and</u> in Family home.  <i>Type of contact is dependent on Covid-19 restrictions level</i>	Parents of children, 0 – 17 years in Thurles Primary Care catchment area	<i>Barnardos Centre, Slievenamon Road, Thurles</i>  <i>Tel. (0504) 20018</i>
	<b>Partnership with Parents</b> <u>One-to-one programme:</u> <ul style="list-style-type: none"> <li>- Developing parents' understanding of their child's needs</li> <li>- Developing their understanding of their child's development</li> <li>- Improving their relationship with their child</li> <li>- Understanding their approach to parenting</li> </ul>	- During working hours		Parents of children, 0 – 17 years in Thurles Primary Care catchment area	

<b>Thurles area</b>	<b>Partnership with Parents –Birth to 2 Years</b> <u>One-to-one programme:</u> <ul style="list-style-type: none"> <li>- Developing parents’ understanding of their child’s needs &amp; development.</li> <li>- Improving their relationship with their child</li> <li>- Understanding their approach to parenting</li> <li>- Looking at the supports around them and how these can help with their parenting</li> </ul>	<ul style="list-style-type: none"> <li>• As required</li> </ul>	Barnardos Centre, Thurles, and in Family Home  <i>Type of contact is dependent on Covid-19 restrictions level</i>	Parents of children aged 0 – 18 months in Thurles Primary Care catchment area	<i>Barnardos Centre, Slievenamon Road, Thurles</i>  <i>Tel. (0504) 20018</i>
<b>Clonmel / Cahir/Cashel/ Carrick-on-Siúr/ Fethard and environs</b>	<b>Clonmel Community Mothers Programme</b> Providing support and information through Community Mother Home Visiting, phone calls, Zoom and WhatsApp: <ul style="list-style-type: none"> <li>- Child Development</li> <li>- Parenting support</li> <li>- Infant Mental Health/Attachment</li> <li>- Ante-natal support</li> <li>- Breast-feeding support</li> <li>- Baby massage</li> <li>- Therapeutic Play Skills</li> </ul>	<ul style="list-style-type: none"> <li>• During working hours</li> </ul>	<i>Type of contact is dependent on Covid-19 restrictions level</i>	Parents of children, 0 – 5 years in Clonmel, Cahir, Carrick-on-Siúr, Cashel and Fethard.	<i>Jill Sandvoss, Clonmel Community Mothers Programme</i>  <i>Tel. 086-8359912</i>  <i>Web-site:</i> <a href="https://clonmelcommunitymother.ie/">https://clonmelcommunitymother.ie/</a>
<b>Clonmel</b>	<b>Barnardos Family Support Project</b> is a community based project in Clonmel offering support and advice to families experiencing a difficult period.	During working hours	<i>Type of contact is dependent on Covid-19 restrictions level</i>	Parents/Carers living in Clonmel and its environs.	<i>Barnardos Family Support Project, Clonmel</i>  <i>Tel: (052) 6170665</i>

<b>Clonmel</b>	<b>Partnership with Parents</b> To support parents to build their parenting skills, and to strengthen relationships.	During working hours	<i>Type of contact is dependent on Covid-19 restrictions level</i>	Parents of children and teenagers, 0-17 years	<i>Barnardos Family Support Project, Clonmel</i>  <i>Tel: (052) 6170665</i>
	<b>Partnership with Parents –Birth to 2 Years</b> <u>One-to-one programme: (see above)</u>	<ul style="list-style-type: none"> <li>As required</li> </ul>		Parents of children aged 0 – 18 months in Clonmel and surrounding areas	
<b>Carrick-on-Siúir</b>	<b>Non-Violent Resistance programme:</b> <u>One-to-one programme:</u> - To help parents to deal with Child to Parent violence	<ul style="list-style-type: none"> <li>As required</li> </ul>	<i>Type of contact is dependent on Covid-19 restrictions level</i>	Parents of children, aged 10 – 17/18 years	<i>Foróige Neighbourhood Youth Project, Carrick-on-Siúir</i>  <i>Siobhán Clifford:</i> <i>Tel. 086-8331886</i>
	<b>Common Sense Parenting (Boys Town Parenting programme):</b> <u>One-to-one</u> To help parents to: - Build Family Relationships - Deal with Problem Behaviour - Teach Social Skills - Promote Self Control	<ul style="list-style-type: none"> <li>As required</li> </ul>		Parents of children, aged 6 – 16 years	
	<b>Barnardos Student Mothers' Group:</b> <u>Support for young expectant mothers and young mothers to remain in second-level education:</u>  - Childcare subsidy - Educational support - Financial support towards books and school materials	- During working hours	<i>Type of contact is dependent on Covid-19 restrictions level</i>	Expectant student mothers or student mothers in second level education in Carrick area.	<i>Una Conroy,</i> <i>Barnardos,</i> <i>130 Clonard Park, Ballybeg,</i> <i>Waterford</i>  <i>Tel. (051) 844140</i> <i>una.conroy@barnardos.ie</i>



<b>Cashel</b>	<b>Parenting Support (<i>Parents Plus Children, Adolescent and Parenting when Separated</i>)</b> <ul style="list-style-type: none"> <li>• One-to-One</li> <li>• Advice on Parenting</li> <li>• Listening &amp; Referral service</li> </ul>	<ul style="list-style-type: none"> <li>• Monday - Friday</li> <li>• Drop-In or by appointment</li> </ul>	<i>Type of contact is dependent on Covid-19 restrictions level</i>	Parents of children, 2– 16 years from Cashel area	<i>Fiona Hayes / Diana Buckley, Spafield Family Resource Centre, Old Road, Cashel Co. Tipperary</i>  <i>Tel. (062) 63622</i>
<b>Tipperary town</b>	<b>Parenting Support (<i>Positive Parenting for Changing Families programme</i>)</b> <ul style="list-style-type: none"> <li>• Advice on parenting</li> <li>• Support on parenting and family issues</li> </ul>	<ul style="list-style-type: none"> <li>- Monday - Friday</li> <li>- By appointment</li> </ul>	<i>Type of contact is dependent on Covid-19 restrictions level</i>	Parents of children and young people in Tipperary town	<i>Three Drives Family Resource Centre, Grenane Drive Tipperary town</i>  <i>Tel. (062) 80831</i>
	<b>Non-Violent Resistance programme:</b> <ul style="list-style-type: none"> <li>- To help parents to deal with Child to Parent violence</li> </ul>	<ul style="list-style-type: none"> <li>- Monday – Friday</li> <li>- By appointment</li> </ul>		Parents of children, aged 10 – 17/18 years	
	<b>Art Therapy for children</b> <ul style="list-style-type: none"> <li>• Referrals from parents, schools, etc.</li> <li>• For children with issues around anxiety, bullying, anger management, withdrawing behavior, etc.</li> </ul>	<u>Availability by phone:</u> <ul style="list-style-type: none"> <li>- During working hours</li> </ul>		Children & young people, 4 – 18 years in Tipperary town	
	<b>Play Therapy for children</b> <ul style="list-style-type: none"> <li>• As above</li> </ul>	<u>Availability by phone:</u> <ul style="list-style-type: none"> <li>- During working hours</li> </ul> <b><i>Sliding scale charges apply</i></b>		Children & young people, 4 – 18 years in Tipperary town	

<b>Tipperary town</b>	<b>Parenting Support (<i>Positive Parenting for Changing Families programme</i>)</b> <ul style="list-style-type: none"> <li>• One-to-One &amp; Couples</li> <li>• Support on parenting and family issues</li> <li>• Listening and referral service</li> </ul>	<ul style="list-style-type: none"> <li>• Monday - Wednesday, 9 – 5 p.m., by appointment</li> </ul>	<i>Type of contact is dependent on Covid-19 restrictions level</i>	Parents of children, 0 – 12 years, from Tipperary town and environs	<i>Helen Buckley, Parent &amp; Family Support Programme, Knockanrawley Resource Centre, Knockanrawley, Tipperary town.</i>  <i>Tel. (062) 52688</i>  <a href="mailto:helenbuckleykrc@gmail.com">helenbuckleykrc@gmail.com</a> <a href="mailto:knockcdp@gmail.com">knockcdp@gmail.com</a>
	<b>Parent Club</b> (Peer support & Mentoring Group)	<ul style="list-style-type: none"> <li>- Weekly session</li> <li>- Wednesday, 10.30 – 12.30 p.m.</li> </ul>	<i>Meeting By Zoom. Face to face if possible</i>	Parents in area of Tipperary town	
<b>Slieve Ardagh</b> <i>(including Glengoole, Killenaule, Ballingarry, &amp; Mullinahone)</i>	<b>One-to-One Parenting Support</b> <u>Drop-in clinic:</u> <ul style="list-style-type: none"> <li>- One-to-one</li> <li>- Parenting Support and Advice</li> <li>- A Listening Ear</li> </ul>	<ul style="list-style-type: none"> <li>• By appointment</li> </ul>	<i>Type of contact is dependent on Covid-19 restrictions level</i>	Parents from Slieve Ardagh area	<i>Julie O'Halloran, Millennium Family Resource Centre</i>  <i>Tel. (052) 9157992</i>
	<b>Parents Plus Adolescents Programme</b> One-to-one parenting support including family sessions as required	<ul style="list-style-type: none"> <li>• By appointment</li> </ul>		Parents of children, aged 11 - 16 years, from Slieve Ardagh area	
	<b>Incredible Years Home Coaching Programme:</b> One-to-one parenting programme with a focus on: <ul style="list-style-type: none"> <li>- Strengthening children's Social Skills, Emotional Regulation and School Readiness Skills.</li> <li>- Using Praise and Incentives to Encourage Co-operative Behaviour</li> <li>- Positive Discipline – Rules Routines &amp; Effective Limit Setting, Handling Misbehaviour.</li> </ul>	<ul style="list-style-type: none"> <li>• 10 week programme</li> <li>• By referral from professionals</li> </ul>		Parents of children, aged 3 – 12 years from Slieve Ardagh area	

<p><b>Slieve Ardagh</b> (including Glengoole, Killenaule, Ballingarry, &amp; Mullinahone)</p>	<p><b>Parent Child Attachment Play (PCAP)</b></p> <ul style="list-style-type: none"> <li>- A gentle play-based approach aimed at improving the attachment quality of the parent-child relationship.</li> <li>- Uses child-oriented play with parents/carers and their children</li> <li>- Brings positive relationship change directly into the family home by empowering parents and carers as change agents.</li> <li>- PCAP practitioners work with the parent(s) or carer(s) and not directly with the child(ren).</li> </ul>	<p>By Referral – this programme is aimed at parents who experience attachment issues with their child / children.</p>		<p>Parents of Children aged 3 -15 years+</p>	<p><i>Julie O'Halloran, Millennium Family Resource Centre</i></p> <p><i>Tel. (052) 9157992</i></p>
<p><b>Slieve Ardagh</b> (including Glengoole, Killenaule, Ballingarry, &amp; Mullinahone)</p>	<p><b>Baby Bonding</b></p> <ul style="list-style-type: none"> <li>• Baby bonding classes are a special weekly session for parents to enjoy with their babies.</li> <li>• These are relaxed sessions, well-grounded in Attachment theory and research, helping to deepen the bond between parent and baby.</li> <li>• Parents and babies can have fun and relax using easy activities, baby strokes, simple rhymes and lullabies.</li> </ul>	<ul style="list-style-type: none"> <li>• By referral</li> </ul>	<p><i>Type of contact is dependent on Covid-19 restrictions level</i></p>	<p>Parents of young children at each of following stages:</p> <ul style="list-style-type: none"> <li>- Bumps (28 + weeks pregnancy) to Crawling</li> <li>- Crawling to Toddling</li> <li>- Toddlers</li> </ul>	<p><i>Julie O'Halloran, Millennium Family Resource Centre</i></p> <p><i>Tel. (052) 9157992</i></p>

## Parent & Toddler Groups / Mother & Baby Groups

<u>Area</u>	<u>Details of services</u>	<u>When</u>	<u>Venue</u>	<u>Target Group</u>	<u>Contact Details</u>
<b>North Tipperary</b> (Newport, Ballina, Borrisokane, Borrisoleigh, Nenagh, Thurles)	<b>Walk and Talk Buggy Brigade</b> <u>Baby and Toddler Outdoor Walk &amp; Talk:</u> A great way for Mums, Dads, Grandparents, and Carers to meet up and also get some fresh air and exercise.  <u>If you are interested, please contact</u> <u>Brigid Murphy</u>	To commence when Covid restrictions on outdoor gatherings are lifted	At locations in the places listed in column 1	Parents, Grand-parents and other carers of Babies & Toddlers.	Brigid Murphy, Community Mothers Programme,  Silver Arch Family Resource Centre, Nenagh  Tel. (067) 31800 087- 278 0029 Email: <a href="mailto:info@silverarchfrc.ie">info@silverarchfrc.ie</a>

## Parenting Talks/Workshops

<u>Area</u>	<u>Subject of presentation &amp; Presenters</u>	<u>When</u>	<u>Venue</u>	<u>Contact</u>
<b>Co. Tipperary</b>	'Introduction to Mindfulness' workshops  Karen Power, Creative Mindfulness practitioner	- February & March 2021	On Zoom	Brigid Murphy, Community Mothers Programme, Silver Arch Family Resource Centre, Nenagh  Tel. (067) 31800 087- 278 0029 Email: <a href="mailto:info@silverarchfrc.ie">info@silverarchfrc.ie</a>  <b><u>Booking essential</u></b>

## **On-line Resources**

<u><i>Resource</i></u>	<u><i>Source</i></u>
<a href="https://www.tusla.ie/parenting-24-seven/">https://www.tusla.ie/parenting-24-seven/</a>	<i>Túsla</i>
<a href="https://www2.hse.ie/my-child/">https://www2.hse.ie/my-child/</a>	<i>HSE</i>
Mental Health & Wellbeing services: <a href="https://www2.hse.ie/wellbeing/mental-health/minding-your-mental-health-during-the-coronavirus-outbreak.html">https://www2.hse.ie/wellbeing/mental-health/minding-your-mental-health-during-the-coronavirus-outbreak.html</a> <a href="https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/news/supports-and-services-during-covid-19.html">https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/news/supports-and-services-during-covid-19.html</a>	<i>HSE</i>
<a href="https://www.barnardos.ie/resources/parents/parenting-advice">https://www.barnardos.ie/resources/parents/parenting-advice</a>	<i>Barnardos</i>
ASD support link: <a href="http://AsIAm.ie">AsIAm and COVID-19 - AsIAm.ie - Ireland's National Autism Charity</a>	<i>AsIAm, Ireland's national Autism Charity</i>
'In This Together Tipperary' has a range of resources to support all age groups in the community at this time. Follow the weblink: <a href="https://www.pptipperary.ie/in-this-together-tipperary/">https://www.pptipperary.ie/in-this-together-tipperary/</a>	<i>Tipperary Public Participation Network</i>
'Keep Well' campaign during Covid: a link to resources to 'Keep Active', 'Stay Connected', 'Switch Off', and to 'Mind Your Mood'.  <a href="https://www.tipperarycoco.ie/keepwell">https://www.tipperarycoco.ie/keepwell</a>	<i>Tipperary County Council</i>

