

Parent Zone

Thursdays 10:00-12:00 for one to one parenting support on specific parenting issues.

Parents Plus *parenting programmes*

At least 2 are rolled out each year.

Breastfeeding Friendly

Space available to feed & change
Including outdoor play area for children 0-6.

Parent & Toddler *Drama Group*

Tuesdays 10.30-11.30.

Parents of Children *with Dyslexia*

Annual information events.

Danú *Birth Mothers Support Group*

For mothers who have lost a child through adoption.
See www.birthmothersgroup.com

Parenting Support Champions

We seek to promote the Tusla Parenting Strategy
Parenting 24/7, the 50 Key Messages for parents.

Summer Camps

July for children aged 4-6 years.

Children with Dyslexia

(3rd – 6th class) afterschool classes one evening
a week.

FEAD *Fund for European Aid to the most Deprived*

Food parcels available – contact FRC.

Access Visits

Child Friendly rooms available for access, between
children & parents. Outdoor play area available
suitable for children 0-6 years.

Adults with Intellectual Disability.

One to one support, advice information, educational
and social opportunities for those living independently in
the community.

Countess Café Markievicz House

Training opportunities – 2 supervisors oversee this work.

Thursday Club

Social opportunities every Thursday lunch-time in the
FRC including tea/coffee, healthy snacks, crafts, word
games, bingo, walks by the river etc.

Cregg House Social Inclusion

We employ a support worker to enable the inclusion of
residents living in Cregg House into the Sligo community.
This involves taking residents into town for coffee,
shopping, to the hairdressers etc.

Adult Education Courses Available

List available on request, Funded by the ETB

Rooms available for rent

At a low cost

Intercultural Work

Weekly Drop-In- one morning a week where members of
new communities can drop in for tea/coffee, information,
companionship, peer support etc.

Volunteer Befriending Service

Working with Syrian refugee families, the volunteers
spend a minimum of one hour per week with their
allocated families. The families get to practice their
English, learn about life in Sligo while the volunteers
get to learn about Syrian culture, try out new food
and get to meet new people.

Intercultural workshops and events

Each year we host a family friendly intercultural event
on St Patrick's Day and an International concert in the
autumn. During the year we host intercultural
interactive art-based workshops, intercultural training
for professionals and trips with families in Globe House.
We also support the library for the children in Globe House.

Support Cultural Groups

In the past, we have supported the Sligo Intercultural
Forum and now we host Mala Polska (Polish group),
Zemene (Latvian group) and N African/Asian women's
group.

