

As families continue to face increased stresses, we invite you to attend one of a **Free Series of Online Parenting Workshops**, 'Parenting Through Stressful Times.'

Also in this newsletter, you can find details of

- **Supporting Families Online and by Phone**, and
- Online Training Schedule Autumn **2020** and **New 2021** dates

You are welcome to share this information with anyone you think might benefit from it.

All the best,  
Professor John Sharry  
Founder Parents Plus Charity

**Dublin South Central**  
**Parenting Support Champions**

November Parenting Classes

- 9 Nov** 10am – 11.15am 7pm – 8.15pm  
**Looking after your families mental health during the Covid-19 crisis**  
Join Dr John Sharry as he explores how we are looking after our family's mental health during the Covid-19 crisis. This will be an interactive workshop, with opportunities to ask questions and share your experiences.  
ParentsPlus
- 16 Nov** 10am – 11.15am 7pm – 8.15pm  
**Parenting through Stressful Times**  
Join Geraldine Kelly Director of Parenting with One Family as we look at 'Parenting through Stressful Times'. This will be an interactive workshop, allowing parents opportunities to explore the impact stress has on our ability to parent positively.  
onefamily
- 23 Nov** 10am – 11.15am 7pm – 8.15pm  
**Sharing Parenting Successfully after Separation**  
Join Geraldine Kelly as we explore Sharing Parenting Successfully after Separation. This will be an interactive workshop, with opportunities to ask questions and share experiences of sharing parenting.  
onefamily
- Parenting Through Stressful Times E-Learning Course**  
Sign up for One Family's new Parenting Through Stressful Times E-Learning Course. This course has been designed to support parents understand, recognise stress, and to provide tools on how to manage stress. This personal development programme explores gently with parents the influence stress plays on how we parent and how we manage the challenges that are presented to us daily.  
[Learn More](#)

## Free Online Parenting

### Workshops

With the support of the Dublin South Central Parent Support Champions, **Professor John Sharry of Parents Plus** will deliver two free online workshops on '**Looking after your families mental health during the Covid-19 crisis**'.

The workshops will take place online on the 9th November at 10am – 11.15am and 7pm- 8.15pm.

**Geraldine Kelly, Director of Parenting at One Family** will also deliver workshops on '**Parenting through stressful times**' on the 16th of November, and '**Sharing parenting successfully after separation**' on the 23rd of November.

To book your free places for these workshops, visit [here](#)



## Supporting Families Online and by Phone

Essential Resource from Parents Plus

### Supporting Families Online and by Phone - 11th November

With the advent of the Covid-19 crisis, face to face support of families has reduced, yet many families remain in need of support and are under additional stress due to the crisis. **Parents Plus are supporting professionals and services to provide support remotely to families online and by telephone.**

In this online training we explain the **principles of effective remote working** using the Parents Plus Programmes and provide participants with the tools that can work in their agencies.

**Delivered by Professor John Sharry and Dr. Eileen Brosnan**, topics covered include:

- Choosing the best mode of remote support (phone, zoom, skype, google hangouts, other)
- Remotely delivering strengths-based support to families
- Confidentiality and data protection considerations
- Structuring individual and group sessions
- Addressing core topics such as self-care for parents, conflict management
- Supporting family mental health.

For more information or to sign up visit [here](#)

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## Parents Plus

### Online Training

Find out more about each of our evidence based, solution focused programmes, and how they will **improve outcomes for the families and young people that you work with** [here](#)

<b>Special Needs Programme</b>	4th, 9th and 11th Decemb FULLY BOOKED
<b>Parenting When Separated</b>	2nd, 4th & 9th Nov, FULLY BOOKED
<b>Children's Programme</b>	10th, 12th, 16th & 18th Nc 9am- 1.30pm
<b>Adolescent Programme</b>	24th, 26th Nov & 1st, 3rd   9am – 1:30pm

## Online Training 2021

<b>Working Things Out</b>	12th, 13th & 15th January 9a.m. - 1 p.m.
<b>Special Needs Programme</b>	12th, 14th & 21st Jan 9am - 1.30pm
<b>Early Years Programme</b>	25th, 27th, 29th Jan & 1st Feb 9a.m. - 1.30p.m.
<b>Parenting When Separated</b>	8th, 10th, 12th Feb 9.30am – 1.30pm
<b>Children's Programme</b>	16th, 22nd, 24th & 26th Feb 9am -1.30pm
<b>Adolescent Programme</b>	2nd, 4th, 9th and 11th March 9am – 1:30pm

**Happy to hear from you**

Please contact us  
at [claire@parentsplus.ie](mailto:claire@parentsplus.ie) with any  
questions or to let us know what  
content you would like to see more of.



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