



## January

### Triple P 8-Week Group

Wednesdays 15<sup>th</sup> Jan - 5<sup>th</sup> March

9.00 - 11.00 am

Belmayne Education Together, Dublin 13

Circle of Security Parenting

### 8-Week Group

Thursdays 16<sup>th</sup> Jan - 13<sup>th</sup> Mar

10.00 am - 12.00 pm

Northside Partnership, Kish House,  
Greendale Road, Dublin 17

### Triple P Stepping Stone 9-Week Group

For mams/dads/caregivers of children aged 2 - 12 with additional needs or awaiting assessment

Thursdays 23<sup>rd</sup> Jan - 20<sup>th</sup> March

6.00 - 8.30 pm

Preparing for Life, Darndale Belcamp Village Centre, Dublin 17

Triple P Lifestyle Seminar:

### Healthy Eating to Promote Children's Wellbeing

Wednesday 29<sup>th</sup> January

6.00 - 7.30 pm

Venue: Online via Zoom

FREE parenting programmes for those living in Dublin 3, 5, 13 & 17

## Programme Schedule

January-March 2025

## February

Triple P Discussion Group:

### Developing Good Bedtime Routines

Wednesday 12<sup>th</sup> February

6.00 - 8.00 pm

Venue: Darndale Belcamp Village Centre, Dublin 17

### Triple P 8-Week Group

Wednesdays 19<sup>th</sup> February - 9<sup>th</sup> April

6.00-8.00pm

Preparing for Life, Darndale Belcamp Village Centre, Dublin 17

## March

Triple P Discussion Group  
Managing Fighting & Aggression

Tuesday 11<sup>th</sup> March

9.15-11.15am

Edenmore Early Education Centre,  
Tonleage Road, Dublin 5

Triple P Stepping Stones Seminar  
Positive Parenting for Parents of Children with Additional Needs

Wednesday 12<sup>th</sup> March

9.15-10.45am

Our Lady Immaculate Junior National School, Darndale, Dublin 17

### Triple P Stepping Stone 9-Week Group

For mams/dads/caregivers of children aged 2 - 12 with additional needs or awaiting assessment

Wednesdays 19<sup>th</sup> March-14<sup>th</sup> May

9.15-11.45am

Our Lady Immaculate Junior National School, Darndale, Dublin 17

Triple P Lifestyle Seminar:

### Physical Activity

Wednesday 26<sup>th</sup> March

5.30 - 7.00 pm

Online via Zoom

To Register for Triple P contact: Linda on 087 143 2889 or email: [linda.pickett@nspartnership.ie](mailto:linda.pickett@nspartnership.ie)

Triple P schedule subject to change

To Register for Circle of Security contact: Melanie on 087 290 8386 or email: [melanie.murphy@nspartnership.ie](mailto:melanie.murphy@nspartnership.ie)