



Kilkenny One-Parent
Community

Do you want to help your family become connected?

Join our Parents Plus 'Healthy Family Connection' Workshop and meet other parents in a supportive workshop to make this a reality.

The Fr. McGrath FRC & the Kilkenny One Parent Family Community (KOPC) will facilitate this Workshop online.

Taking Place on Wednesday
23rd March 2022 - 11.00
am to 1.00 pm

For more information or to reserve your place, please contact:

Karin Todd - 087-2206730
or Wendy Taylor 087-
9777810

Learn how to:

- Spend fun time with each of your children
- Check in & connect with each child daily
- Do something enjoyable for yourself daily
- Build supportive relationships
- Actively listen to children
- Deal with tantrums and siblings fighting
- Connect with children during play time
- Relax using mindfulness techniques



Fr. McGrath
Family Resource
Centre


ParentsPlus
Empowering Professionals to Support Families

Parents Plus is an Irish charity that develops practical, evidence-based parenting and mental health programmes. We train professionals working with children and families to deliver the programmes in communities and clinical settings. Our programmes support families to communicate effectively, build satisfying relationships and overcome emotional and behavioural problems.

www.parentsplus.ie