



## PARENTS PLUS

# Children's Programme

An evidence-based parenting course on promoting confidence, learning and positive behaviour in children aged six to 11 years.

This programme will begin in October 2023 and will run for 8 weeks.

**Start Date:** Friday the 6<sup>th</sup> of October 2023.

**Time:** 10am – 12:30pm.

**Venue:** Newbury House Family Centre, Old Youghal Road, T23 C3FW.

For more information, call Arhonda on 086-1854975 or email: [arhonda@letsgrowtogether.ie](mailto:arhonda@letsgrowtogether.ie) or

Clíona on 086-0786557 or email: [cliona@letsgrowtogether.ie](mailto:cliona@letsgrowtogether.ie)

  
**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](http://www.parentsplus.ie)