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| cid:image001.jpg@01D18E8D.30BE8420Parenting Workshop |
| The ISPCC in conjunction with Aston Village Educate Together N.S. will be running an 8 week parenting workshop starting in September 2016. Meetings will take place in the school one morning per week for 1.5 hours and are open to any parent who wishes to learn new skills or seek support regarding their children’s emotions and behavior. Workshops will include some of the following topics as well as time for parents to discuss difficulties they may be experiencing: * Positive parenting techniques.
* Spending quality time with our children.
* How to help children cope with their emotions.
* Successful communication with children.
* Managing difficult behaviour.
* The use of boundaries and the importance of consistency.
* Self-care.
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| **Please Note: Places are limited and will be offered on a first come first served basis. Please complete the attached form and return to Dermot McCullen by Friday 17th June.**  |
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| When: September 2016Where: Aston Village Educate Together N.S.Duration? One morning a week for 1.5 hours over 8 weeks.A For Who? Any parent who would like to learn new skills or seek some support.  |
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| For more information please contact:Imogen Nolan **Childhood Support Worker****ISPCC****089 4001676****inolan@ispcc.ie**  |

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