

One Family training dates and locations, 2010

February	8 – 10	Dublin	Positive Parenting
	22 – 24	Dundalk	Positive Parenting
March	8 – 10	Dublin	Family Communications
April	5 – 7	Limerick	Family Communications
May	10 – 12	Dublin	Positive Parenting
	24 – 26	Dublin	Family Communications
June	14 – 16	Galway	Family Communications
Sept	13 – 15	Monaghan	Family Communications
Oct	4 – 6	Dublin	Positive Parenting
Nov/ Dec	29 – 01	Dublin	Positive Parenting

“Positive Parenting training has enabled us to encourage, support and assist many parents in becoming confident in their own ability to parent and to empower them with the information and skills to help them raise children who are happy, confident and have good self-esteem.”

Training participant 2007

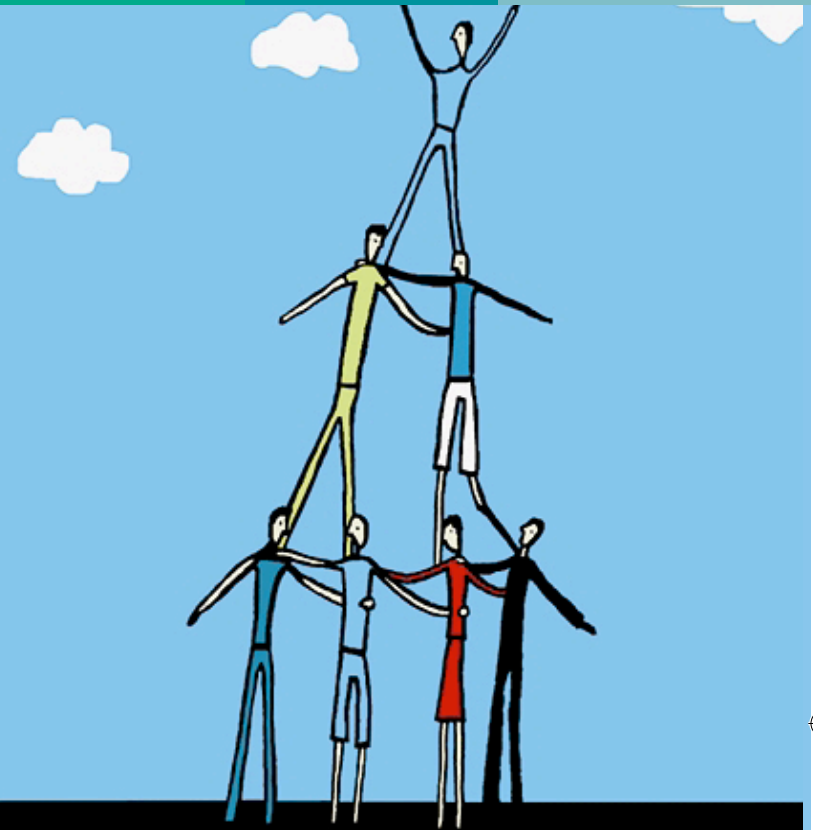
Along with our scheduled training we can

- design specific training to meet your needs
- customise training to meet your staff/client needs
- deliver training at a location of your choice

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Professional training to meet your needs

One Family

TRAINING & CONSULTANCY 2010

One Family Training and Consultancy offers intensive professional training to those who work with one-parent families nationwide. We can travel to your area to deliver our specialised training. All our training and improvement programmes can be tailored to fit your organisation's specific needs.



Our professional Training for Trainer services include:

One Parent Families – Issues, Diversity and Rights

1-Day €160

With one in eight people living in a one-parent family and with many dependent on state support, it is vital to be aware of the issues they face. Inequality, poverty and exclusion affect all members of one-parent families and this one-day group work course explores ways of supporting them in real-life situations.

Positive Parenting – Building Strong Relationships and Managing Difficult Behaviour

3-Days €450

This course provides professionals with the resources and materials required to set up and run a 10-15 week parenting programme for lone parents. This practical and experiential training covers topics such as 'The Good Enough Parent' and 'Behaviour Modelling' and includes skills and strategies for improving relations and handling difficult behaviour. It is about giving parents back their roles as parents and helping them to realise they are the key to any changes they may want to make. A comprehensive manual is provided with this 3-day Training for Trainers Programme.

Family Communications – Coping with Family Life and Communication with Teenagers

3-Days €450

This brand new course provides professionals with all the resources and materials needed to run a 10-15 week programme which builds on positive parenting. It is concerned with building strengths in families, and evaluating and improving family patterns. Particular focus is on clear and direct communication as one of the key skills that can be learned to accomplish these aims. Families become stronger

when they can improve communication, encourage democracy when making decisions in the family and understand the connection between emotions, needs and choices of behaviour. A comprehensive manual is provided with this 3-day training for trainers programme.

Crisis Pregnancy – Practical Training

1-Day €180

This training is aimed at those who come in contact with crisis pregnancy through their work, such as: school and college counsellors and teaching staff; GP nurses; social, care and youth workers and family support staff. The one-day training covers issues from disclosure to practical information on all three options to onward referral and support. Legal aspects, minors, new communities and issues for the service provider are all clarified to resource the professional in their work. A folder containing all the information covered will be provided with this course.

Crisis Pregnancy – Training for Counsellors

2 Days €400

This training is open to qualified counsellors. It provides practical and contact information on parenting, abortion and adoption. Participants will learn about issues such as: how to structure the session; the provision of information within the session; personal issues for service providers; limitations; abortion law and service delivery. A folder containing all the information covered will be provided with this course.

All materials, manuals and light refreshments are included in all course costs.

All our training is designed for working in a group setting and /or in one-to-one sessions with families.