

SERVICES FOR FAMILIES

FOR PEOPLE PARENTING ALONE,
SHARING PARENTING, OR SEPARATING.



askonefamily – Helpline and Information

Counselling – Crisis Pregnancy, General and Solution Focussed

Parenting & Children – Mediation and Shared Parenting Courses

Training – Programmes for Parents and for Professionals

ASKONEFAMILY HELPLINE & INFORMATION

ONE FAMILY COUNSELLING



askonefamily is a helpline for people parenting alone, sharing parenting, or separating. If anyone is concerned about anything from social welfare to parenting or relationship

issues, is thinking about getting back to education or work – or simply needs a friendly ear – the trained staff are there for support.

Call

askonefamily helpline is open from 10am-2pm, Monday to Friday (except public holidays) on lo-call **1890 66 22 12** or **01 662 9212**.

Need to talk with someone about an unplanned or crisis pregnancy or post abortion issues? Call our helpline to speak to someone.

Call rates to lo-call (1850/1890) numbers from mobile phones may vary. Check specific details with mobile provider.

Email

Queries can be emailed directly to askonefamily on **support@onefamily.ie**

Website

Information is provided on social welfare, family law, housing, health, education, employment, finances and many more topics by the helpline on www.onefamily.ie.

The helpline is also available to extended family or friends and we will signpost you to other services where possible.

Our services are supported by:

crisispregnancyprogramme



An Roinn Leanaí
agus Gníothaí Óige
Department of
Children and Youth Affairs

One Family counselling provides confidential, personal time to talk and be really listened to by a non-judgemental, qualified and experienced counsellor.

General Counselling

Supports people with on-going counselling for a wide range of parenting, family and personal issues.

Unplanned Pregnancy Counselling

A crisis pregnancy, one that is unplanned or unexpected, can raise many issues for women, men or couples. One Family offer support to work through the options such as parenting, adoption or abortion.

Solution Focussed Counselling

Helps people to work through a particular problem.

Post Termination Counselling

Offering a safe and confidential space to talk after having a termination, no matter how long afterwards.

There is no cost for crisis pregnancy or post termination counselling support, or for accessing our supports for young people in care. They are funded by the HSE Crisis Pregnancy Agency.

Young People in Care

Supports designed for young people who are pregnant or have just had a baby and are in care or recently moved into their own home.

Play Therapy

This form of therapy is provided for children aged from 4–10 years to support them through times of family challenge and transition.

We charge on a sliding scale for our counselling services.

One Family Parenting is a holistic service, which supports parents to parent as effectively as they can for their children.

Facilitated Online Programmes

The online *Positive Parenting* and *Family Communications* courses can be completed at home, with individual email support available.

Parenting Programmes

Positive Parenting for Changing Families; *Family Communications – Coping with Family Life and Communication with Teenagers*; and *Parenting When Separated (Parents Plus)* will help parents enhance their skills, manage difficult behaviours and strengthen their family unit.

Parent Mentoring

Individual sessions which focus on helping parents to understand their and their child's behaviour, giving them the tools needed as a parent. Highly trained mentors can support people with a wide variety of issues.

Mediation and Shared Parenting Plans

Supporting both parents during and after the process of separation to develop their own comprehensive and practical parenting plan around how they will successfully share parenting into the future.

Online Parenting Group

The Facebook Parenting Group hosts Q&As with a parenting expert on relevant issues.

Social Group

Our low cost social group outings allow parents to meet other parents who are in a similar situation while enjoying a relaxed, supportive environment, and the children to have lots of fun.

Childcare

We offer a part-time crèche service for parents accessing our services, and one-parent families in our community, with highly supported keywork for each parent and child.

We charge on a sliding scale for our services, and a small fixed fee for courses.

Training for Parents

Our free programmes are designed to support lone parents in making changes in their lives; to return to, or begin education or work. They also offer individual key-working and childcare, and provide accreditations recognised on the National Framework of Qualifications.

Two of our flagship programmes are:

— **New Futures:** This course is designed for people parenting alone or sharing parenting who want to progress but are unsure where to start. A free part-time twenty weeks training course, it offers personal and career development with wraparound family supports, and is accredited at QQI Level 4.

— **Options:** This course is designed for people who want to get back into the workplace and/or further education after a gap, or for the first time. It is a free part-time Level 4/5 programme over 38 weeks, and provides a combination of three minor awards: Communications, Information Technology Skills, and Nursing Theory & Practice. Options is currently available in Dublin in partnership with the Education & Training Board.

Training for Professionals

Enabling family support workers, social workers, youth workers, family therapists, educators, drugs project workers, or counsellors, and people who deliver parenting/family support courses, to build on skills, knowledge and approach in designing and delivering family supports.

They include our three-day manualised programmes, *Positive Parenting for Changing Families* and *Family Communications – Coping with Family Life and Communication with Teenagers*, and half-day skills acquisition workshops such as *Supporting Families in Conflict-Reducing Communication* and *Supporting Separating Parents to Successfully Share Parenting*. All are available nationwide on request.

Cherish House, 2 Lower Pembroke St, Dublin 2

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Company No. 45364 Charity No. 6525



About us

One Family was founded in 1972 as Cherish and is Ireland's organisation for one-parent families and people sharing parenting, or separating. We offer support, information and services to all members of all one-parent families, to those sharing parenting, to those experiencing an unplanned pregnancy, and to professionals working with one-parent families.



Children are at the centre of One Family's work and we help all the adults in their lives. One Family also promotes Family Day every May, an annual celebration of the diversity of families in Ireland today.

