

SERVICES FOR FAMILIES

FOR PEOPLE PARENTING ALONE,
SHARING PARENTING, OR SEPARATING.



askonefamily – Helpline, Information and Support

Counselling – Unplanned Pregnancy, General and Solution-Focused, Play and Creative Therapy

Parenting & Children – Parenting Supports including Separating Well for Children, Mediation and Shared Parenting Courses

Training – Specialist Bridging Programmes, Support Programmes for Parents and Professionals.

One Family counselling provides confidential, personal time to talk and be 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

An unplanned or unexpected pregnancy 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 or issue.

Post-Abortion Counselling

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

There is no cost for unplanned pregnancy or post-abortion 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

A range of 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 and Creative Therapy for Children and Young People

This service is provided for children aged 4 to 16 to support them through times of family challenge and transition.

Fees: We charge on a sliding scale for our counselling services (excluding unplanned, post-abortion or supports for children and young people in care) and a small fixed fee for courses.

Separating Well

Separating Well for Children offers supports that can meet the needs of parents and children as they move through separation into shared parenting and new family forms.

Mediation

Supporting parents and families to find resolutions at times of change and transition, allowing families to avoid conflict and create successful parenting relationships through separation agreements and shared parenting plans.

Parent Mentoring

Individual sessions which focus on helping parents/care givers to explore and understand emotions and behaviours. The service enables parents to look at the broad range of issues that may present within the parent-child relationship, especially at times of change.

Parenting Programmes

We offer an array of programmes to support families:

- Positive Parenting for Changing Families
- Family Communications: Parenting Teens
- Family Communications: Parenting When Separated
- Supporting Positive Mental Health and Family Wellbeing: Self Care and Personal Growth when Parenting
- Supporting Positive Mental Health and Family Wellbeing: Parenting through Stressful Times

All courses are run over 8 weeks for 2 hours each week. Times and days vary. Check www.onefamily.ie for details.

Online Resources

Top Tips Series

The articles cover a variety of topics and their purpose is to offer information and support on a wide range of issues that are important to people parenting alone, sharing parenting, separated or separating.

Available on www.onefamily.ie

Online Parenting Programmes: offered over 8 weeks with online support from One Family staff.

- Positive Parenting for Changing Families
- Family Communications, Coping with Family Life and Communication with Teenagers

Employee Wellbeing Programme

Extensive research has shown the benefits of Employee Wellbeing programmes in promoting employee engagement and aiding staff retention. One Family offer a range of Employee Wellbeing seminars for parents. Facilitated by a qualified parenting professional these sessions can be delivered nationwide and can be adapted to the needs of your organisation.

Early Years Intervention Service

One Family's Early Years Intervention Service offers support to children aged 0 – 3 years of age. We offer part-time and sessional places to children whose parents may be accessing One Family's services or children who live in our community and present with high level needs. Places are limited.

Training for Parents

Our free programmes are designed for people parenting alone or sharing parenting to support them in making changes in their lives; to return to, or begin education or work. They also offer individual key-working, childcare subsidies and provide QQI recognised accreditations.

- **New Futures** is for people who want to progress their careers but are unsure where to start. A 20 week part-time training course, it offers personal and career development with wrap-around family supports, and is accredited at QQI Level 4.
- **Options** is designed for people who want to get back into the workplace or further education after a gap, or for the first time. It is a free part-time QQI Level 4 & 5 programme over 38 weeks, and provides a combination of three minor awards in Communications, IT Skills and Nursing Theory & Practice. Options is currently available in Dublin in partnership with Ballsbridge College of Further Education and the City of Dublin ETB.
- **New Steps** is an 8 week part-time parenting support and self-development programme. New Steps can be taken as a stand-alone programme and is also an introductory course into our New Futures programme.



Professional Development

From half-day, solution-focussed workshops, to intensive three-day manualised programmes, our Professional Development Service provides affordable opportunities for those who work with people parenting alone or sharing parenting, and/or their children, to build on and strengthen their professional capacity, knowledge and skills.

ask
onefamily

1890 66 22 12

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

parenting or relationship issues, are thinking about getting back to education or work – or simply need a friendly ear – the trained staff are there to support you.

Call

askonefamily helpline is open from 10.00am until 3.30pm, Monday to Friday (except public holidays) on lo-call **1890 66 22 12** or **01 662 9212**.

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

Social Media & Email

You can also get in contact with the helpline via social media or by email at: **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.

Our services are supported by:



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.

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