

Parents Summer Camp

7
July

Taking Time Out for Me!

The importance of self care for parents

Aoife Ryan
Insight Matter

14
July

Parenting Teens

Bringing up responsible and happy teenagers

John Sharry
Parents Plus

15
July

Recognising our Trauma

What has covid-19 done to families and how we can move past this

Marguerite Woods
IBRIO Development Worker in SAOL

22
July

Meditation in the Home

Calming self can calm those around us

John Peelo
Neighbourhood Youth Project

29
July

Back to School

How do I prepare for children going back?

Anne Staunton
Rainbows Ireland

E-Learning at One Family

We have 3 courses to choose from, with additional support from our Parenting Team on request.

Sign up online today through our website.

Email **gkelly@onefamily.ie** to book your FREE Zoom session

