

## Programme Schedule

### October - December 2022

Suitable  
for parents  
of 0 - 12  
year olds

FREE  
parenting  
programmes for  
those living in  
Dublin 3, 5, 13  
& 17



### October

Triple P Discussion Group:  
**Hassle-Free Mealtimes with Children**  
Wednesday 5<sup>th</sup> October  
7.00 - 9.00 pm  
Baldoyle Resource Centre, Grange Road, D13 TE80

Triple P Discussion Group:  
**Developing Good Bedtime Routines**  
Wednesday 12<sup>th</sup> October  
9.30 - 11.30 pm  
St. Joseph's N.S., Macroom Road, Coolock, D17 DY60

Triple P Seminar  
**The Power of Positive Parenting**  
Thursday 27<sup>th</sup> October  
9.30 - 11.00 am  
Via Zoom

Triple P 8-Week Group  
Tuesdays 4<sup>th</sup> October - 22<sup>nd</sup> November  
6.00 - 8.00 pm  
The Bell Building, The Link Road, Darndale, D17 E027

### November

Lifestyle Seminar:  
**Healthy Eating to Promote Children's Wellbeing**  
Wednesday 9<sup>th</sup> November  
9.15 - 10.45am  
Edenmore Early Education Centre, Tongalee Road,  
Dublin 5

Triple P Seminar  
**Raising Confident Competent Children**  
Wednesday 16<sup>th</sup> November  
9.30 - 11.00 am  
Belmayne Community Hub, Main Street, D13 ED58

Triple P Discussion Group:  
**Dealing with Disobedience**  
Wednesday 23<sup>rd</sup> November 6.30 - 8.30 pm  
Doras Bui, 17 Bunratty Drive, Kilmore, Coolock, D17 TF63

Triple Discussion Group  
**Managing Fighting & Aggression**  
Wednesday 30<sup>th</sup> November  
6.30 - 8.30 pm  
Doras Bui, 17 Bunratty Drive, Kilmore, Coolock, D17 TF63

### December

Lifestyle Seminar:  
**Physical Activity to Promote Children's Wellbeing**  
Wednesday 7<sup>th</sup> December  
9.30 - 11.00am  
Edenmore Early Education Centre, Tongalee Road,  
Dublin 5

Triple P Seminar  
**The Power of Positive Parenting**  
Wednesday 14<sup>th</sup> December  
9.30 - 11.00 am  
Our Lady Immaculate JS, Darndale, D17 CK81