

# Programme Schedule January 2023

Support • Nurture • Thrive



## Baby Massage Group

Monday 9<sup>th</sup>
Darndale Belcamp &
Thursday 12<sup>th</sup> January
10.00 - 11.15 am
Belmayne Community
Hub

## Wednesday Breastfeeding Support Group

New members welcome
No booking required
Wednesdays 11.30 - 12.30
Darndale Belcamp Village Centre

## **Tuesday Parent & Baby Group**

New members welcome No booking required Tuesdays 11.00am - 12.00pm from 10<sup>th</sup> January Darndale Belcamp Village Centre

## Antenatal Classes/ Breastfeeding Support

Tuesdays & Wednesdays from 10<sup>th</sup> & 11<sup>th</sup> January
Appointments at 9.30 & 2.30
Darndale Belcamp Village Centre
Max 6 attendents

For further details or to book, contact:
Melanie on 087 290 8386 or email:
melanie.murphy@nspartnership.ie



#### **Home Visiting Family Graduation**

Thursday 12<sup>th</sup> January 3.00 pm Darndale Belcamp Village Centre

Regular visits to families signed up to Home Visiting





Triple P Seminar

The Power of Positive Parenting

Tuesday 10<sup>th</sup> January 9.30 - 11.00 am Scoil Ide GNS, Kilbarron Park, Kilmore, Dublin 5

contact: Linda on 087 1432889 or email: triplep@nspartnership.ie

### Triple P 8-Week Group

Tuesdays 17<sup>th</sup> January - 7<sup>th</sup> March 9.30 - 11.30 am Sphere 17 Regional Youth Facility, Darndale

Discussion Group

Developing Good Bedtime Routines

Wednesday 25<sup>th</sup> January

9.30 - 11.30am

Scoil Eoin, Greendale Road,

Killbarrack, Dublin 5



#### **Circle of Security**

8 Week Group Starts Thursday 12<sup>th</sup> Jan 9.15 - 10.45 am Eenmore Early Education Centre

For further details or to book, contact:
Jane on 087 203 3820 or email:
jane.taylor@nspartnership.ie



#### **Building Babies from Head to Toe**

Date TBC St. Michael's House



#### **Building Big Futures**

8 Weeks from 16th January











