

**Online Sessions -Triple P Groups & Workshops Online May/June 2021**

**To book a place, please contact Deirdre or Fiona by phone or e-mail the details are beside each group/workshop Deirdre 086 0274837** [**deirdre.dowling@hse.ie**](mailto:deirdre.dowling@hse.ie) **Fiona 0863801163** [**fiona.gallagher@hse.ie**](mailto:fiona.gallagher@hse.ie)

***Once Parents book in we will provide you with a link through e-mail and you simply click on the link to join a session.***

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| **Triple P Groups** | **Dates** | | **Time** | | **Location** | **Contact** |
| **Junior Group Programme**  (2-10 years)  2hours x 5 group sessions | Session 1- Tues 1st June  Session 2- Tues 8th June  Session 3- Tues 15th June  Session 4- Tues 22nd June  Phone Call Session –  Tues 29th June & 6th July  Session 7- 13th July | | 10am – 12noon | | Webex | To book a place, please contact  **Fiona 086 3801163**  or  Email [**fiona.gallagher@hse.ie**](mailto:fiona.gallagher@hse.ie) |
| **Junior Group Programme**  (2-10 years)  2hours x 5 group sessions | Session 1 – Wed 2nd June  Session 2 – Wed 9th June  Session 3 – Wed 16th June  Session 4 – Wed 23rd June  Phone Call Session –  Wed 30th June & 7th July  Session 7 – 14th July | | 7pm – 9pm | | Webex | To book a place, please contact  **Deirdre 086 0274837**  or  Email [**deirdre.dowling@hse.ie**](mailto:deirdre.dowling@hse.ie) |
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| **Teen Group Programme**  (11-15yrs)  2hours x 5 group sessions | | Session 1- Tues 1st June  Session 2- Tues 8th June  Session 3- Tues 15th June  Session 4- Tues 22nd June  Phone Call Session –  Tues 29th June & 6th July  Session 7- 13th July | 7pm – 9pm | | Webex | To book a place, please contact  **Fiona 086 3801163**  or  Email [**fiona.gallagher@hse.ie**](mailto:fiona.gallagher@hse.ie) |
| **Teen Group Programme**  (11-15yrs)  2hours x 5 group sessions | | Session 1 – Wed 2nd June  Session 2 – Wed 9th June  Session 3 – Wed 16th June  Session 4 – Wed 23rd June  Phone Call Session –  Wed 30th June & 7th July  Session 7 – 14th July | 10am-12noon | | Webex | To book a place, please contact  **Deirdre 086 0274837**  or  Email [**deirdre.dowling@hse.ie**](mailto:deirdre.dowling@hse.ie) |
| **Triple P Groups** | | **Dates** | **Time** | | **Location** | **Contact** |
| Junior Workshop (2-10 years)  **Dealing with Disobedience**  2hours x 1 Session | Tuesday 25th May | | 10am – 12noon | | Webex | To book a place contact **Fiona** |
| Wednesday 26th May | | 7pm-9pm | | To book a place contact **Deirdre** |
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| Junior Workshop (2-10 years)  **Developing good bedtime routines**  2hours x 1 Session | Thursday 27th May | | 10am – 12noon | | Webex | To book a place contact **Fiona** |
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| Teen Workshop(11 – 15 years)  **Coping with Teenagers Emotions**  2hours x 1 Session | Tuesday 25th May | | | 7pm – 9pm | Webex | To book a place contact **Fiona** |
| Wednesday 26th May | | | 10am-12noon | To book a place contact **Deirdre** |
| **FearLess Seminar** | | | | | |  |
| **FearLess Seminar**  (4-14years)  Reducing Anxiety for your child.  2hours x 1 Session | Tuesday 18th May | | | 7-9pm | Zoom  See poster attached for registration | **Any queries contact** [**fiona.gallagher@hse.ie**](mailto:fiona.gallagher@hse.ie)  **Call 086 3801163** |
| **FearLess Seminar**  (4-14years)  Reducing Anxiety for your child.  2hours x 1 Session | Tuesday 29th June | | | 7-9pm | Zoom  See poster attached for registration | **Any queries contact** [**fiona.gallagher@hse.ie**](mailto:fiona.gallagher@hse.ie)  **Call 086 3801163** |
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