

**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** **Fiona 0863801163** **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 JuneSession 2- Tues 8th JuneSession 3- Tues 15th JuneSession 4- Tues 22nd JunePhone Call Session – Tues 29th June & 6th JulySession 7- 13th July | 10am – 12noon | Webex | To book a place, please contact **Fiona 086 3801163** or Email **fiona.gallagher@hse.ie** |
| **Junior Group Programme**(2-10 years)2hours x 5 group sessions | Session 1 – Wed 2nd JuneSession 2 – Wed 9th JuneSession 3 – Wed 16th JuneSession 4 – Wed 23rd JunePhone Call Session – Wed 30th June & 7th JulySession 7 – 14th July | 7pm – 9pm | Webex | To book a place, please contact**Deirdre 086 0274837** or Email **deirdre.dowling@hse.ie** |
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| **Teen Group Programme**(11-15yrs)2hours x 5 group sessions | Session 1- Tues 1st JuneSession 2- Tues 8th JuneSession 3- Tues 15th JuneSession 4- Tues 22nd JunePhone Call Session – Tues 29th June & 6th JulySession 7- 13th July | 7pm – 9pm | Webex | To book a place, please contact **Fiona 086 3801163** or Email **fiona.gallagher@hse.ie** |
| **Teen Group Programme**(11-15yrs)2hours x 5 group sessions | Session 1 – Wed 2nd JuneSession 2 – Wed 9th JuneSession 3 – Wed 16th JuneSession 4 – Wed 23rd JunePhone Call Session – Wed 30th June & 7th JulySession 7 – 14th July | 10am-12noon | Webex | To book a place, please contact **Deirdre 086 0274837** or Email **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 | ZoomSee poster attached for registration | **Any queries contact** **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 | ZoomSee poster attached for registration | **Any queries contact** **fiona.gallagher@hse.ie****Call 086 3801163** |
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