

YAP DUBLIN NORTH PARENT GROUP



Charity Number: CHY18562
Registered Charity Number: 20071462

About the Dublin North Parent Group

The Dublin North Parent Group is a weekly support group to enable parents of young people on the YAP Programme to come together for emotional support, build confidence and socialise with other parents within their community.

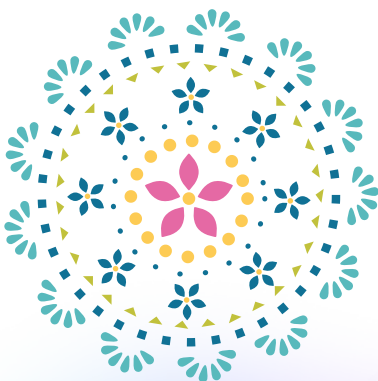


What we do



Parents meet to connect, have coffee and breakfast, to support one another, to get some space for themselves, to meet people, to learn new skills, and to have fun.

Sometimes we meet in the new life centre in Darndale, sometimes in the YAP Office or if we feel like going out and the weather is good, we go on tour to places such as Malahide Castle, Howth, Ardgillan Park and the Phoenix Park, not to mention the many trips we take to the lovely Beaches surrounding Dublin



What we did this year



This year everyone in the group had an opportunity to demonstrate their skills to the rest of the group. We had activities such as painting, a talk on equality, upcycling, and crafts.

We also did a seven week mindfulness course in the New Life Centre in Darndale which was wonderful. Everyone enjoyed the course and learned a lot. Some skills were also possible to practice at home ourselves. We hope to do another course in September this year.



QUOTES



" Parents morning is brilliant, its a life saver, I don't get out often and I so look forward to it. The girls are so welcoming. Everyone has something going on and it makes everyone so understanding. Its freedom for me , where I can be myself"

Pam

" In Parents morning there is no judgment, I love that we can talk about anything. It helps me see nobody has the perfect family, and everyone is very supportive"

Maria

" Parents morning means everything to me, I can be myself, I've made friends I can rely on. It's a place I feel safe and

heard "
Liz

CHAMPION PARENTS



Parents in YAP are Champions to one another by supporting each other and always helping new parents who would like to join the group by being very welcoming and supportive.

Parents are also working together to provide a list of identified supportive services within their communities that they have found useful. We hope this will be a helpful resource that can be built upon and used by all parents.

Services we have found useful in our communities



New Life Centre
Our Lady Immaculate Church
Dublin 17, Co. Dublin
Tel/Fax: 01 8474599
Email: nlc@darndalebelcamp.ie
Offer a wide range of courses and services in the community



WhyMind provides one-to-one counselling & therapy, and runs workshops and training sessions for young people

Remember Us - Social Group
for People with Special Needs
T 086 045 7003
E hello@rememberus.ie
Unit 5 Balbriggan Retail Park,
Balbriggan, Co. Dublin K32
K002



Northside Partnership Ltd,
Coolock Development Centre,
Bunratty Drive, Coolock,
Dublin 17, D17 WP30

Support people in the community including people looking for work, students, people starting their own business, children and families, young people, older people, parents and guardians, and childcare providers.

Services we have found useful in our communities



E : PETER@PARENTFIRSTAID.IE

T : +353 87 245 3387

LEARN ESSENTIAL LIFE-SAVING TECHNIQUES ENABLING YOU TO ACT QUICKLY IN THE EVENT OF A FAMILY MEDICAL EMERGENCY



PARENT
FIRST AID



2 SAINT MARY'S PLACE NORTH

TEL: 01 836 0011

EMAIL: INFO@CROSSCARE.IE

CROSSCARE YOUTH RUN YOUTH-LED PROGRAMMES RESPONDING TO THE NEEDS OF YOUNG PEOPLE FROM THE AGE OF 10 TO 24. PROGRAMMES INCLUDE: OUTDOOR LEARNING, MENTAL HEALTH AND WELLBEING, DRUG AND ALCOHOL AWARENESS, EDUCATION, TRAINING AND EMPLOYMENT SUPPORTS
YOUTH DIVERSION PROJECTS, SUMMER PROJECTS

FORÓIGE CLUBS ARE A FUN, SAFE PLACE FOR YOUNG PEOPLE TO HANG OUT, MEET NEW FRIENDS, BE LISTENED TO AND GROW.

FORÓIGE - BLOCK 12D, JOYCE WAY
PARK WEST, DUBLIN 12 D12 Y0A6

CALL US: 01 630 1560
EMAIL US: INFO@FOROIGE.IE



FAMILY CENTRES ARE SITUATED IN THE HEART OF THE COMMUNITY OFFERING: PARENTING SUPPORT, INDIVIDUAL SUPPORT, FAMILY WORK

Services we have found useful in our communities



OUR 24-HOUR FREE CRISIS HELPLINE IS AVAILABLE EVERY DAY SO PLEASE CALL 1800 247 247 OR TEXT HELP 51444 (STANDARD RATES APPLY) IF YOU OR SOMEONE YOU KNOW IS IN CRISIS EXPERIENCING SUICIDAL IDEATION, ENGAGING IN SELF-HARM, OR HAVE BEEN BEREAVED BY SUICIDE



THE SUNSHINE FUND IS A UNIQUE PART OF THE SOCIETY OF SAINT VINCENT DE PAUL WHICH PROVIDES SUMMER HOLIDAYS FOR CHILDREN LIVING IN DISADVANTAGED AREAS OF DUBLIN



EMAIL:
SUNSHINE.EAST@SVP.IE
THE SUNSHINE FUND,
2ND FLOOR SVP HOUSE,
91-92 SEÁN MACDERMOTT STREET,
DUBLIN 1.

SPHERE 17 REGIONAL YOUTH SERVICE (RYS) PROVIDES A HIGH-QUALITY YOUTH SERVICE TO YOUNG PEOPLE BETWEEN THE AGES OF 10 – 24, IN THE REGION OF DUBLIN 17 AND KILBARRACK AREA

ADDRESS: SPHERE 17 REGIONAL YOUTH FACILITY, DARNDALE



Services we have found useful in our communities



HSE ASSESSMENT OF NEEDS—
ASSESSMENT OF NEEDS OFFICER,
ROOM 11, LOWER GROUND
FLOOR, HSE PRIMARY CARE SERVICES,
01 8953766



DORAS-BUI-PARENTS-ALONE-
HUMAN RESOURCE
CONSULTING IN KILMORE
17 BUNRATTY DRIVE,
KILMORE, COOLOCK, COUNTY
DUBLIN

We provide support to women
and children experiencing
domestic abuse

24-hr Freephone 1800 767 767
helpline@aoibhneas.org



Local Football and GAA Clubs are a great way for families
and young people to get involved in their communities

Services we have found useful in our communities



National Family Resource Centre aims to combat disadvantage and improve the functioning of the family unit

Tel: (01) 516 1146
Email: info@asterfamilysupport.ie
Office Hours: 9am - 5pm Mon to Fri

The Parents Under Pressure (PuP) program is a parenting program specifically developed for families who are facing multiple adversities including parental substance abuse, mental health problems, family conflict and severe financial stress.

Parents Under Pressure

Ph: 0871229307

 **our health service**

GPs, Nurses and Primary care centres in our local communities

<https://www2.hse.ie/services/find-a-gp/>

We Hope this will help other parents to find any help and support they may need

THANK YOU

YAP
DUBLIN NORTH
PARENT
GROUP

