

“Let’s Talk about Parenting”



FREE SERIES OF TALKS 2023



AUTUMN 2023



KildareCountyLibraryService



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Comhairle Contae Chill Dara
Kildare County Council

www.parentingsupport.ie

Providing information on parenting supports
and services in Co. Kildare and Co. Wicklow

An easy way to find out what's available in Co. Kildare
and Co. Wicklow for parents!

Go to www.parentingsupport.ie for:

- Details of upcoming parenting courses and talks in your area.
- Information about local services and organisations that support parents.
- Downloadable booklets and leaflets on a range of different topics relevant to parents.

If you work with parents:

- In addition to the above, you can post details on the website of courses, programmes or talks you are delivering by completing a simple online form.

For further information, go to:

Website: www.parentingsupport.ie

Email: info@parentingsupport.ie

Facebook: www.facebook.com/parentingsupport

Instagram: www.instagram.com/parentingsupport

Twitter: [@parentingsupport](https://twitter.com/parentingsupport)

This is an initiative of the multi-agency Kildare West Wicklow Parenting Forum. It is supported by Kildare Children & Young People's Services Committee and Wicklow Children & Young People's Services Committee (CYPSC). It has been funded by the Health Services Executive (HSE), Tusla, the Child & Family Agency, Kildare CYPSC Seed Funding and Wicklow CYPSC Seed Funding from the Department of Children & Youth Affairs.*

**Forum members are: Co. Kildare LEADER Partnership, Curragh PRIDE Family Resource Centre, Foróige, Health Services Executive (HSE), Kildare Children & Young People's Services Committee, Kildare County Childcare Committee, Kildare Library Service, Kildare & Wicklow Education & Training Board, Kildare Youth Services, Newbridge Family Resource Centre, Tusla, Wicklow County Childcare Committee.*



INTRODUCTION

These Autumn series of parenting talks have been organised by Kildare Library Service with support from the following agencies and organisations: The Kildare Child and Young People Services Committee, The Kildare & West Wicklow Parenting Forum, The South-Western Drug & Alcohol Taskforce and the HSE Primary Care Psychology Team. The 'Let's talk about Parenting' Programme has been running in Kildare Libraries since 2015 and is funded by Kildare County Council.

These events hope to support both parents and professionals working with children and families in County Kildare. Attendance at all events is free of charge and open to library members (its free and easy to join - at your local library or online via <https://kildarecoco.ie/library/>) but booking is required. Talks are a mixture of in house and online unless stated otherwise and bookings will be taken via the supplied Ticket Tailor web links. Certificates of attendance are available for Continuing Professional Development purposes.

For more information on the programme or help with booking please contact co-ordinators Suzanne Brosnan (North Kildare) at sbrosnan@kildarecoco.ie or Andrea Dermody (South Kildare) adermody@kildarecoco.ie and we will be happy to assist you. We hope you enjoy the programme.



EARLY YEARS

Baby Sign Language (4 week course)

Presented by Claire Glynn

Clever Little Handies is an award-winning baby sign class for parents with babies from newborns, up to wobblers / babies of 1 years of age. We already know babies can communicate with their hands before they can talk; they can wave; they can clap; they can point. They have the dexterity in their hands to formulate signs long before they have the muscle dexterity in their mouths to form words. By providing tools to communicate from an early age they will have a vocabulary to use, even if they're not formulating words yet. Irish Sign Language signs that pertain to the day to day with a baby are taught through nursery rhymes, songs and poems. Don't wait to communicate!

Leixlip Library: Thursdays 21st September – 12th October
10.30am - 11.30am

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/990876>



Leixlip

Celbridge Library: Tuesdays 7th – 28th November
10.30am – 11.30am

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/995891>



Celbridge

Newbridge Library: Mondays 25th September – October 16th
10.30am – 11.30am

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/990844>



Newbridge



Lola's Yoga and Storytelling Workshop (3-8 years)

Presented by Laura Heslin

Yoga through storytelling is a great way to support children's wellbeing. Yoga can assist in enhancing a child's physical, social and emotional development. Some of the benefits include strength and balance, an increase in self-esteem and a decrease in anxiety. The storytelling aspect of the workshop enriches the children's imagination and provides both a visual and audio learning experience.

Maynooth Library: Saturday 23rd September 10.30am – 11.30am

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/991018>



Maynooth

Athy Library: Saturday 14th October 10.30am – 11.30am

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/993890>



Athy

Kildare Library: Saturday 4th November 10.30am – 11.30am

Book here:

<https://app.tickettailor.com/events/letstalkaboutparenting/993894>



Kildare

Naas Library: Saturday 11th November 10.30am – 11.30am

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/993895>



Naas



GENERAL

Dealing with Devices

Presented by Allen O'Donoghue

Every household has them, many children use them daily and they can be the cause of so many arguments and disagreements in the family. In this talk, we look at recognising that devices aren't evil, but do need to be managed and how you can do this without causing World War 3 in your home!

Leixlip Library: Tuesday 19th September 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/990902>



Leixlip

Athy Library: Tuesday 14th November 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/993888>



Athy



How to think like a Psychologist: Key ideas for Parents

Presented by Dr. Antaine Stfobhairt (HSE Primary Care Psychologist)

Antaine will introduce some frameworks that psychologists use to understand the factors contributing to emotional and behavioural difficulties and to identify things that could be helpful. He will then provide a brief introduction to key concepts for intervention that are used by several major therapeutic models. The aim is to equip parents with a solid foundation for addressing difficulties more effectively and provide directions for further learning.

Online: Wednesday 22nd November 10am – 11am

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/996809>



From Surviving to Thriving: Developing A Growth Mindset

With Dr Mary O'Kane

Teaching our children about the value of having a Growth Mindset – the knowledge that putting effort into tasks will help you learn and grow – can empower them. When our children know that their fantastic elastic brains grow as they are used, it helps them to try harder to achieve and to see that mistakes are how we learn. In this Webinar, Mary considers the importance of the child's internal voice and outlines how to support them to develop a growth mindset, with an inner voice that helps them to reach their full potential.

Celbridge Library: Tuesday 28th November 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/995916>



Building your Parenting Plan

Presented by Allen O'Donoghue

If you are like us and parenting can have you feeling like you're in a spin cycle in the washing machine with no time to think, this is the talk for you! We'll show you simple steps to get your head clearer and prioritise the thing that you want to change right now, while leaving the other bits until tomorrow.

Maynooth Library: Thursday 12th October 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/996654>

Kildare Library: Thursday 9th November 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/996659>



Maynooth



Kildare



Q & A with a Child Psychologist

Presented by Dr. Rosario Power

Parents are always curious about their children's development and often wonder things like:

"Should I be worried if my child does....?"

Or "How can I help my child cope with ...?"

Or "How can I stop my child doing.....?"

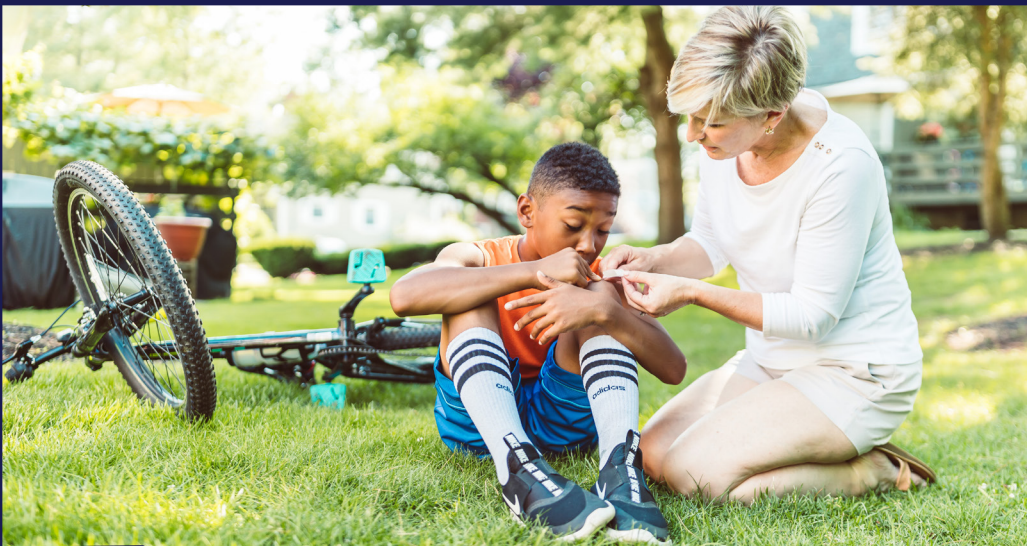
Well, this is your opportunity to *"Ask the Psychologist"*. The topics covered in this talk will be guided by parents who attend. In advance of the talk, parents/ carers are invited to send in questions that they would like to hear the Psychologists answers to. The one hour presentation will then attempt to answer the questions received and if time allows perhaps some additional ones that arise on the night. Questions must be submitted one week before the talk. Go to booking link below for more information and to book.

Online: Tuesday 17th October 10am – 11am

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/997984>





First Aid for Parents

Presented by Siobhan Butler

A popular and regular event on the programme, this informative and interactive course uses lots of visual aids in the presentation and there is plenty of opportunity for the participants to ask questions. Topics covered will include:

- Calling the emergency services
- The First Aid Kit
- Choking
- Meningitis
- Burns
- Temperatures / Seizures

Maynooth Library: Tuesday 19th September 7pm-8.30pm
Book here:
<https://www.tickettailor.com/events/letstalkaboutparenting/990734>



Athy Library: Wednesday 25th October 10.30am – 12pm
Book here:
<https://www.tickettailor.com/events/letstalkaboutparenting/994009>



Celbridge Library: Thursday 26th October 10.30am – 12pm
Book here:
<https://www.tickettailor.com/events/letstalkaboutparenting/994010>



Kildare Library: Thursday 30th November 7pm-8.30pm
Book here:
<https://www.tickettailor.com/events/letstalkaboutparenting/994008>



TWEENS & TEENS

'The Substance of Youth' – Substance Abuse, Vaping & Other Trends Presented by Steven Joyce

Join us for this talk with Steven Joyce for Parents of Tweens and Teens, which will give information and advice re substance abuse and emerging trends such as Vaping. Steven is a Development Worker and community Harm Prevention Coordinator with the South-Western Regional Drug & Alcohol Task Force.

Newbridge Library: Thursday 28th September 7pm
Book here:
<https://www.tickettailor.com/events/letstalkaboutparenting/990817>



Celbridge Library: Thursday 5th October 7pm
Book here:
<https://www.tickettailor.com/events/letstalkaboutparenting/995843>



Leixlip Library: Thursday 12th October 7pm
Book here:
<https://www.tickettailor.com/events/letstalkaboutparenting/995859>



Kildare Library: Thursday 16th November 7pm
Book here:
<https://www.tickettailor.com/events/letstalkaboutparenting/995861>



Athy Library: Thursday 23rd November 7pm
Book here:
<https://www.tickettailor.com/events/letstalkaboutparenting/995886>





Promoting Positive Body Image

Presented by Zuzanna Gajowiec (HSE Primary Care Psychology)

Join us for an online event with Zuzanna Gajowiec, Clinical Psychologist and Certified Eating Disorder Specialist, where she will explain what Body Image is and how to help children and adolescents develop a positive view of their bodies. Zuzanna will provide parents with practical tips and tools from noticing worrying signs and how to react and not react, managing distress and supporting children who already struggle with negative body image.

Outline of the talk:

- What is body image?
- Why do children struggle with it? - genetic/cultural/familial factors.
- How to promote positive body image in your home.
- Warning signs that your child may not like their body.
- What to do when a child already struggles with negative body image - practical strategies and tools.

Online: Tuesday 10th October 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/996077>



5 Ways to Assist Teens' Career Planning in Senior Cycle Years

Presented by Dearbhla Kelly

What do most parents want for their teens? I believe that they want them to be happy and successful. When it comes to career planning, 92% of teens rely on their parents for career choice. Therefore, parents have a huge and important role to play.

This talk focuses on 5 practical ways that you can help your teen plan ahead in a way that generates happiness, meaning and success in their career choices. You will be given a toolkit in handout form, of tried and tested techniques that will help you assist your teen in navigating the ocean of choices available to them.

Be the parent that says, as Thoreau famously said "Go confidently in the direction of your dreams! Live the life you've imagined!"

Naas Library: Thursday 19th October 2023 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/993897>



Supporting Your Anxious Teen

Presented by Helen Vaughan

What can you do for your anxious teen?

This workshop with Helen Vaughan from Maynooth Counselling and Psychotherapy will discuss:

- Understanding teen development
- How to parent adolescents
- How anxiety impacts our young people & supporting them.
- Teen issues: secondary school, bullying, social anxiety & boosting resilience

Naas Library: Thursday 26th October 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/993997>



Naas

Maynooth Library: Thursday 30th November 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/996659>



Maynooth

SELF CARE

Stress Management for Parents & Family Support Workers

Presented by Suzanne Hughes

Stress is extremely common; Ireland recently ranked as the 6th most stressful country in Europe. If you're a parent, you experience specific stressors and despite the rewards of parenting, it can also be challenging. However, managing stress improves your psychological wellbeing and reduces the risk of 'parental burnout' and impacts positively on your child's wellbeing. Alternatively, do you work with families? Despite being a fulfilling role, sometimes the demands of the job are stressful. Therefore, managing stress improves your psychological wellbeing and reduces the risk of 'burnout' and impacts positively on the working relationship with the families you support. This talk will address:

- What is stress and 'burnout' and why do we get stressed?
- Learning to recognise the symptoms of stress.
- What is the impact of stress on my child's wellbeing, or the families I work with?
- How do I manage stress, reducing risk of parental or work-related 'burnout'.
- What supports are available.

Celbridge Library: Thursday 26th October 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/993979>

Naas Library: Thursday 23rd November 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/993983>



Celbridge



Naas

Importance of Rest & Learning to Sleep Better

Presented by Helen Vaughan

Sleep is hugely important & affects every tissue and system in our bodies, but many of us are not getting enough, especially parents.

This talk will outline the link between sleep & mental health, the challenges to getting good quality, peaceful rest & will build a practical toolkit to improve your own sleep routine.

Leixlip Library: Thursday 9th November 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/993993>

Newbridge Library: Thursday 16th November 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/993989>



Leixlip



Newbridge

De-cluttering for Mental Health

Presented by Fiona Hall

Scientific research has proven the link between a cluttered environment and stress levels. Being a parent brings the extra clutter of children's toys and other equipment (not to mention the inevitable constant mess)!

Taking charge of our surroundings and organising our lives can lower stress and anxiety levels for everyone. It is about making small changes to our habits and learning to let go of what is holding us back.

Celbridge Library: Thursday 12th October 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1000673>

Naas Library: Thursday 30th November 7pm

Book here:

<https://www.tickettailor.com/events/letstalkaboutparenting/1000683>



Celbridge



Naas



SIOBHAN BUTLER

Siobhán Butler is the founder of First Aid For Everyone and is very passionate about delivering First Aid to anyone interested in learning with a particular interest in paediatric First Aid. She is a qualified general and paediatric nurse with 10 years' experience in A&E. At First Aid For Everyone the qualifications include nurses with years of front line experience as well as parents and registered First Aid instructors.

ZUZANNA GAJOWIEC

Zuzanna Gajowiec is a Clinical Psychologist, Family Therapist and Certified Eating Disorder Specialist (CEDS) with 20 years clinical experience. Zuzanna works in a residential eating disorder treatment centre and in a private practice. She is passionate about improving eating disorder services, prevention and early intervention. Part of the eating disorder recovery is supporting clients struggling with body image issues. Zuzanna believes empowering parents and equipping them with tools and strategies is one of the best ways to promote positive body image in children. Parents need support navigating the dangerous, image obsessed culture their children live in.

CLAIRE GLYNN

Clever Little Handies is an award-winning baby sign class for parents with babies from newborns up to wobblers. Claire began this venture in 2019, with the heartfelt desire to bring new parents and their newborns together beyond the confines of their homes. As the journey progressed, so did a commitment to proficiency. Claire has completed the Signature Level 1 award in Irish Sign Language and a QQI Level 4 in ISL. This fusion of passion and expertise propels Clever Little Handies forward, nurturing a space where communication, camaraderie and early education flourish hand in hand. With a Clever Little Handies baby sign book newly published and soon to be released it will be even easier to connect with your little one!

FIONA HALL

Consciously Clearing is a professional and mindful decluttering business Fiona set up in 2016. As a Counsellor, Psychotherapist, busy mum of two and a decluttering super-enthusiast, Consciously Clearing is a service designed to help you clear out those belongings that have served their purpose, are holding you back or are causing you stress. After decluttering, Fiona then helps you organise what you choose to keep and helps you to stay organised!

LAURA HESLIN

Laura Heslin is a qualified children's yoga teacher who is passionate about childhood wellbeing. She runs 'Lola's Yoga' yoga company and is also author of 'Lola's Farmyard Friends' which was published in 2021 – a book which shares the gift of yoga with children. For all things children's yoga, check out Lola's Yoga on Facebook and Instagram.

SUZANNE HUGHES

Suzanne Hughes (M.Ps.S.I., M.Sc., BA (Hons) provides individuals, groups and workplaces with affordable psychoeducation and support for mild to moderate stress and anxiety management, thereby enhancing psychological wellbeing. Suzanne has a M.Sc. in Applied Psychology from Trinity College Dublin (2018) and a BA (Hons) in Psychology from DBS (2013) and is a member of the Psychological Society of Ireland. For almost a decade, Suzanne has broad experience of working in psychology services, research, publications in peer-reviewed academic journals and presenting at conferences.

STEVEN JOYCE

Steven is a Development Worker and Community Harm Prevention Coordinator with the South-Western Regional Drug & Alcohol Task Force.

DEARBHLA KELLY

Dearbhla Kelly is a Career Coach and Guidance Counsellor. She has worked in Adult Guidance, Secondary Schools and in a University helping people with their career direction. In particular, she loves working with young people to find choices that allow them to flourish and thrive. Dearbhla is also an author of 'Career Coach- A Step by Step Guide to Help Your Teen Find Their Life's Purpose' published by Gill and Co. She respects the great influence that parents and guardians have on their teens' choices and is passionate about helping them in a practical way. Currently, she is the Employment Engagement Officer with Donegal ETB.

ALLEN O'DONOGHUE

Allen is an LBCAI accredited professional coach, trainer and facilitator with over 20 years of experience in youth and family development. With qualifications in Transactional Analysis Psychotherapy, Social Science and Logo synthesis, Allen's specialist knowledge and understanding of family dynamics has supported hundreds of young people and adults in setting and achieving their personal goals. This experience has brought Allen to become a highly regarded speaker on family coaching, appearing regularly on radio and television and presenting at international events.

DR MARY O'KANE

Dr Mary O'Kane is a Lecturer in Psychology, Early Childhood Studies and Education. Her research interests include childhood transitions, self-esteem and wellbeing and the value of play. Mary is a regular contributor to the Anton Savage show on Newstalk Radio; Ireland AM; and a range of other national and local radio shows discussing a broad range of parenting issues. She gives public talks on topics related to child wellbeing, parenting and education and is well known for her humorous down to earth approach. Her first book 'Perfectly Imperfect Parenting: Connection not Perfection' was published in 2021.

DR ROSARIO POWER

Dr Rosario Power is a Senior Clinical Psychologist with the HSE Primary Care Service and is based in Naas. While she worked specifically with children and families as part of hospital and mental health settings for many years, since joining the Primary Care services 10 years ago she has been working with people of all ages across the lifespan. She has been delivering talks and workshops on a range of topics for a number of years.

DR ANTAINE STÍOBHAIRT

Dr Antaine Stíobhairt completed a bachelor's degree in psychology at Maynooth University, a master's in Cognitive Neuropsychology at the University of Edinburgh and a doctorate in Clinical Psychology at UCD. Antaine has worked across a range of services over the years. He is currently based at the HSE Primary Care Psychology Service for Celbridge, Maynooth and Leixlip, where he works with children and adults who experience a wide range of difficulties.

HELEN VAUGHAN

Helen Vaughan is the Director at Maynooth Counselling and Psychotherapy and is an IACP accredited psychotherapist. Her areas of expertise include working with anxiety, stress (work or personal), fertility/infertility, baby loss/grief, depression, low self-confidence and relationship issues. She works well exploring thoughts (negative self-talk/thinking errors) and their impact on our feelings, behaviour and wellbeing. Her approach integrates Cognitive Behaviour Therapy (CBT) and Person-Centred Counselling. Her qualifications include a BA in Counselling & Psychotherapy, BA in Communications Studies, Professional Certificates in Fertility Counselling, CBT, Relationship Counselling and she is an active member of the Irish Fertility Counsellors Association.

POWER OF PLAY!

POP!

EARLY YEARS AT KILDARE LIBRARIES

A monthly programme of fun activities including art, music, messy play, theatre, dance, storytelling and yoga to promote development of language, literacy and numeracy skills in children aged 0-5 years.

These events will also give children the space and opportunity for socialising with other children their age.

Ask staff for more information.

Get notified of upcoming library events by signing up to our newsletter: kildarecoco.ie/library/newsletter

Learn Through Play!



This series of TTT talks and workshops has been organised by Kildare Library Service as part of our Toys, Technology and Training Project and is funded by Kildare County Council.

What is the TTT Project?

Kildare Library Services would like to inform you about our specialised Toys, Technology and Training Project. The collection is designed to offer support to children and adults with learning difficulties, disabilities or more significant needs.

Based in Athy, Leixlip and Naas Libraries this specialised collection of toys and assistive equipment can be accessed free of charge in branches throughout the county and can be borrowed or utilised by joining up at any Kildare library. Items in the catalogue can be requested or renewed online and collected by the borrower at their nearest branch library.

Membership is free to any individual who lives, works or goes to school in County Kildare. Contact the libraries listed below for further terms and conditions of use.

This Toy and Technology collection has been chosen by the staff of Kildare Library Service in partnership with therapists working in the community.

The Project also includes the Training element of "TTT" which is our annual series of free lectures and workshops. These events offer further guidance, support and networking opportunities for parents, teachers and healthcare professionals.

For up to date details of future talks and events relating to the TTT Project please subscribe to our newsletter at www.kildare.ie/library

Attendance at all of the events is free of charge and open to everyone but advance booking is required.

**NEW TOYS,
TECHNOLOGY
AND TRAINING
CATALOGUE & BOOK
COLLECTION NOW
AVAILABLE!**



AT A GLANCE

Topic	Facilitator	Date	Location
Dealing With Devices	Allen O'Donoghue September	Tuesday 19th September 7pm	Leixlip Library
First Aid for Parents	Siobhan Butler	Tuesday 19th September 7pm	Maynooth Library
Baby Sign Language	Claire Glynn	Thursdays September 21st & 28th, October 5th & 12th 10.30am	Leixlip Library
Lola's Yoga & Storytelling Workshop	Laura Heslin	Saturday 23rd September 10.30am	Maynooth Library
Baby Sign Language	Claire Glynn	Mondays September 25th, October 2nd, 9th & 16th 10.30am	Newbridge Library
Substance Abuse & Vaping for Parents of Teens	Steven Joyce	Thursday 28th September 7pm	Newbridge Library
Substance Abuse & Vaping for Parents of Teens	Steven Joyce	Thursday 5th October 7pm	Celbridge Library
Promoting Positive Body Image	Zuzanna Gajowiec	Tuesday 10th October 7pm	Online
Building Your Parenting Plan	Allen O'Donoghue	Thursday 12th October 7pm	Maynooth Library
Decluttering for Mental Health	Fiona Hall	Thursday 12th October 7pm	Celbridge Library
Lola's Yoga & Storytelling Workshop	Laura Heslin	Saturday 14th October 10.30am	Athy Library
Q & A with a Psychologist	Dr. Rosario Power	Tuesday 17th October 10am	Online
5 Ways to Assist Teens' Career Planning in Senior Cycle Years	Dearbhla Kelly	Thursday 19th October 7pm	Naas Library
First Aid for Parents	Siobhan Butler	Wednesday 25th October 10.30am	Athy Library
First Aid for Parents	Siobhan Butler	Thursday 26th October 10.30am	Celbridge Library

Topic	Facilitator	Date	Location
Supporting your Anxious Teen	Helen Vaughan	Thursday 26th October 7pm	Naas Library
Stress Management for Parents & Family Support Workers	Suzanne Hughes	Thursday 26th October 7pm	Celbridge Library
Lola's Yoga & Storytelling Workshop	Laura Heslin	Saturday 4th November 10.30am	Kildare Library
Baby Sign Language	Claire Glynn	Tuesdays, 7th, 14th, 21st & 28th November 10.30am	Celbridge Library
Importance of Rest & Learning To Sleep Better	Helen Vaughan	Thursday 9th November 7pm	Leixlip Library
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Stress Management for Parents & Family Support Workers	Suzanne Hughes	Thursday 23rd November 7pm	Naas Library
Fostering a Growth Mindset	Dr Mary O'Kane	Tuesday 28th November 7pm	Celbridge Library
First Aid for Parents	Siobhan Butler	Thursday 30th November 7pm	Kildare Library
Supporting your Anxious Teen	Helen Vaughan	Thursday 30th November 7pm	Maynooth Library
Decluttering for Mental Health	Fiona Hall	Thursday 30th November 7pm	Naas Library



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