



FSS an tIardheiscirt
HSE South West

Understanding your Child

Togetherness approach



Join our group sessions to support you in your journey of understanding emotional health, wellbeing, behaviour and more.

This 10 week programme covers:

- Childhood development and emotional processing.
- How ideas and techniques for nurturing wellbeing can be helpful for common areas of difficulty such as emotional regulation, sleep, toileting and friendships.
- Support to reflect on your own child's health and wellbeing, their behaviour and your relationship with them.
- Delivered by a Public Health Nurse and Paediatric Occupational Therapist
- Suitable for parents of children up to 8 years

Group Dates: Wednesday September 16th - November 25th (No session 28/10/26)

Time: 09.45

Address: Mitchelstown Primary Care Centre, P67T263, 2nd Floor

For more information or to book contact: Orla or Susan on 025 45300