

# family centre

CHAPEL STREET, CASTLEBAR, CO. MAYO

family life services  
cúram clainne  
archdiocese of tuam

spring / summer programme 2020

website: [www.thefamilycentre.com](http://www.thefamilycentre.com)

contact details

tel: 094-9025900

email: [info@thefamilycentre.com](mailto:info@thefamilycentre.com)

F23 PH39

monday - friday

9.30 a.m. - 1.00 p.m.

2.00 p.m. - 5.30 p.m.



@TFCcastlebar



family centre, chapel street, castlebar

2020

# family life services

(CÚRAM CLAINNE)

ARCHDIOCESE OF TUAM

These services, based at the Family Centre, Chapel St., Castlebar, have been established by the Archdiocese of Tuam in association with the H.S.E. West and Tusla, the Child and Family Agency. Our aim is to provide support for families and individuals through counselling, education and training. This programme outlines the courses offered at the Family Centre this Spring and Summer. You will always be most welcome to call in or phone the Centre should you require more information.

## **Booking:**

As numbers are limited for our various courses and workshops, please contact or call into the Family Centre to ensure a place. Payments can be taken over the phone by ringing 094 9025900.

## **Insufficient Enrolment:**

In the case of insufficient enrolment courses will not take place or may be postponed to a future date.

## **Refunds:**

Refunds are available up to two weeks before the course commences. No refunds are available once a course has begun.

## **Cost:**

While we charge for many of our educational courses our charges are intended only to cover our costs so that we can use other contributions for services such as counselling.

Special concessions for the unwaged are available for our courses. We are a “not-for-profit” organization.

M'ás mian leat breis eolas a fháil faoi na cursaí seo thrí mheán na gaeilge, cuir glaoch chuig Máire Ní Dhomhnaill ag 094 9025900.

spring | summer programme 2020

# personal development

## Assertiveness/Communications Course

Do you find it difficult to stand up for yourself in situations where you are being treated poorly or taken for granted? Do you find that you can't say "no" to other people asking you to do things for them? Do you struggle for the words to express your own needs to ensure that you are treated fairly? If you have said "yes" to some of these questions then attending this assertiveness and communications course can help you to build your self-confidence in a wide variety of relationships and situations in your own life. This weekend course will enhance your life-skills for coping and lead to an overall better quality of life for you.

**Dates:** Saturday 8th & Sunday 9th February 2020

**Time:** 10.00 a.m. - 4.00 p.m.



**Facilitator:** *Jannah Walshe*



Jannah Walshe is an accredited counsellor and works in private practice. She writes a fortnightly column for the Mayo News and is involved in various organisations promoting positive mental health and self-development. She is experienced as a group facilitator and trainer.

**Cost:** €60





## Mindful Mondays 2020 morning drop-in sessions

We are offering a weekly Mindfulness drop-in session based in Castlebar Library as part of the Flourish Project which is open to adults who wish to enhance their well-being. This is a guided practical session in Mindfulness techniques including gentle exercise, & relaxation. No experience necessary to attend. Come and join others in this relaxed environment and take this opportunity for yourself to quieten for 45 minutes at the start of a week and learn how it can energise you for the week ahead.

### **Dates: Mondays**



*Series 1: January 20th, 27th, Feb 10th & 24th*

*Series 2: March 2nd, 9th, 23rd & 30th*

*Series 3: April 20th, 27th, May 11th, 18th, 25th*

*Series 4: June 8th, 15th, 22nd.*

*Please note there will be no Mindful Mondays on January 6th, 13th, February 3rd, 17th, March 16th, April 6th, 13th, May 4th, June 1st.*

**Time: 10.15am -11.00am.**



**Presenter: Maura Horkan**



Maura is a Project Worker with the Flourish Project in the Family Centre. She is a qualified counsellor and facilitator. She is deeply committed to supporting individuals to reconnect with their interests as a natural means of self-care and deeper self-expression.

**Venue: Castlebar Library**

**Cost: Free of charge**

## The Possibility Programme

### Want to make changes in your Life?

This two day course will enable people to make changes in their lives. It acknowledges that often we have great ideas and want to move forward with these ideas but our thoughts about ourselves and our abilities hold us back. This course will help people to become aware of what holds them back, the patterns they have created and the patterns they struggle to break. Following awareness of what is holding us back we will help you develop skills to help you move on with making changes and maintaining motivation

#### The aims of the course include:

Face the reality in your life

Learn to manage your thoughts and improve your attitude

Help you take necessary action

Improve relationships

Stay strong and positive

**Dates: Saturday April 4th & Sunday April 5th 2020**



**Time: 10.00am – 4.30pm**



**Presenters: Nicola Scully & Liz Rafferty**



Nicola has worked in the HSE for the past 20 years, working with families and individuals in challenging circumstances. She has a Social Science degree and a Masters in Social Work. She completed her Diploma in Life Coaching in 2017. She is committed to helping people become aware of their strengths and help them to use these strengths to improve their lives.

Liz works as a Dietitian in Sligo University Hospital, advising patients and staff about good nutrition to aid recovery. While good nutrition is important for the body, Liz has come to realise that there is also a hunger for nourishment of the mind and soul. People are referred to Liz for dietary advice for problems that manifest as health issues. On the surface, these problems look like dietary concerns. However, on reflection often deeper issues need to be addressed. Liz trained as a life coach in order to address the wider issues affecting both health and happiness, and to find more joy as a result.

**Venue: The Family Centre**

**Cost: €80**



## The Cost of Compulsive Caregiving

Are you a compulsive caregiver? Are you good at caring for others at the cost of your own health and wellbeing? The compulsive caregiving pattern gets set up in childhood, often when the primary caregiver is compromised in some way. This one day workshop is for anyone who feels they're worn out from caring for others. Participants will be able to recognise their own compulsive caring patterns, recognise the cost of caring and discover how you can give care while maintaining your own wellbeing.

**Date: Saturday February 29th**



**Time: 10.30am – 4.00pm**



**Presenter: Jess Angland**



Jess Angland, (MBS, BBS, Cert in Addiction, Cert in Counselling, Cert in Supervision) has worked in training and education for the last 20 years. She has worked in organisations in healthcare, community development, as well as lectured for the National College of Ireland, IADT and UCC on their Professional Development Programmes. Jess in the past 5 years has taken an active interest in the dynamics of attachment in Adult Life and has explored same, under the tutelage of Dr Úna Mc Cluskey. She spent thirteen years working in domestic abuse and became aware that she and many staff working in the caring professions were great at looking after everyone else but not themselves. After burning out on a few occasions, she began pursuing answers as to why she and her peers was not adequately practising self-care. She found that some of those answers were related to trauma but that did not seem to explain everything.

She wants to bring her experience, training and learning to the general public and is particularly committed to the mainstream of trauma informed care.

**Cost: €40**





## Discover Your Interests

“Do you sometimes feel lonely, isolated and disconnected from others? Do you need a chance to break in to a new network of friends and hear what’s going on in your community? Perhaps you have moved to a new area or have had adjusted to a new phase or change in life.

If you feel you would benefit from meeting new people and taking time out to discover how new interests, hobbies and social opportunities can enhance your health and wellbeing? This 8 week course offers the opportunity to do this through the Flourish Project in the Family Centre. Through this enjoyable course you will:

Explore and rediscover your interests; Meet new people; Go on 2 social trips e.g. to the Linenhall Arts Centre and experience an arts workshop. Make a vision board to generate ideas for new hobbies. Find an activity you might like to get involved in. Examine steps and supports necessary to make it happen & learn practical stress management and self-care techniques including Mindfulness.

**Venue: Family Centre**

**Date: Wednesday: April 22nd, 29th, May 6th, 13th, 20th & 27th. June 3rd & 10th.**



**Time: 10.00 a.m. – 12 noon**



**Facilitator: Maura Horkan & Vivianne Maloney.**



Maura is the Project Worker with the Flourish Project in the Family Centre. She is a qualified counsellor and facilitator. She is deeply committed to the idea of supporting individuals to reconnect with themselves and their interests as a natural means of self-care and deeper self-expression. Vivianne is an accredited counsellor and works with the Family Centre and in private practice. She has a particular interest in promoting self-esteem and wellbeing.

**Cost: €60**



## Enneagram Programme- Part 1

An opportunity to examine different personality types, aimed to help you understand and see your own strengths and weaknesses, with a view to growth in wholeness and in relationships with others and God.

**Dates:** Wednesday February 5th & Thursday 6th,  
Wednesday February 12th & Thursday 13th 2020



**Time:** 8.00 p.m. to 10.30 p.m.



**Facilitator:** Benny McHale



**Venue:** Family Centre

**Cost:** €60



**Give yourself a gift of  
a self-care morning.**

Join others in a relaxed and creative setting where you will experience some self-care activities and tools that you can use in your daily life. This morning will include gentle mindful movement relaxation, creative activities, journaling, poetry and time to rest and restore yourself. No experience necessary, "A time to revitalise yourself" in a fun and creative setting where you will meet new people, give yourself the space to rest and receive nourishment in a relaxed setting. Take this time with others to discover what you need in your life at this time and engage a creative and enjoyable morning.

**Venue:** Macalla Hall, Lough Lannagh, Castlebar

**Date:** Thursday March 26th 2020



**Time:** 10.00 to 1.00pm



**Facilitator:** Maura Horkan & Loretta Bracken



Maura is the project worker with the Flourish Project in the Family Centre. She is a qualified counsellor and facilitator. She is deeply committed to the idea of supporting individuals to reconnect with their interests as a natural means of self-care and deeper self-expression. Loretta is an accredited psychotherapist who works in the Family Centre as well as working in industry. She has many additional qualifications & courses completed over the years including art therapy. She has a keen interest in accompanying people on a journey to self-discovery through art, meditation and mindfulness. This allowing people to create a space to re-connect with ourselves with gentleness and compassion.

**Cost:** €30



## Breathe Well, Live Well, Sleep Well The Mindful Bottom Line

*Mindfulness gives us a solid foundation for life  
Breath IS life! We can waste it or learn to use it wisely  
Quality sleep – it's not just about bedtime!*

This 4 week evening course is the perfect opportunity to build on your past exploration of mindfulness, to enhance your existing practice, to begin again or to begin for the first time!

**Presenter Derval Dunford:** Derval will offer her own wisdom based on her own recovery from life's challenges. She has honed her extensive training plus years of experience in MBSR (Mindfulness Based Stress Reduction) Breath-work, HeartMath, Stress Management and Yoga Nidra to give you the bottom line! Derval's work has been endorsed by medical and complimentary health professionals both nationally and internationally. Previous participants welcome, new participants welcome, no experience necessary.

**Venue:** Family Centre

**Time:** 7pm to 9pm



**Date:** Tuesday March 24th & 31st. April 7th & 14th



**Cost:** €60



## The Arts & Wellbeing Workshop Series

The Linenhall Arts Centre and the Flourish Project at the Family Centre Castlebar are delighted to team up once again to present the very popular Arts and Wellbeing workshop series. It is a well-researched fact that creative engagement can impact positively on a person's general sense of well-being. Through developing a love of music, writing, poetry, craft making, movement art etc. we can enhance our sense of joy and improve our health. This workshop series offers participants a chance to dip their toes in the water with a range of creative arts activities over the eight Tuesdays. Join us for this opportunity to meet new people in a relaxed and enjoyable setting and to learn how connecting with our creative side can add surprising new dimensions to our lives and give us practical wellbeing tools to bring into our daily lives. These creative taster sessions will give you an opportunity to find out which ones you like best, and how they can be added in simply into daily life to enhance our wellbeing. Each creative session concludes with a short reflective mindful space to allow you to absorb the experience in a fuller way.

**Venues:** Week 1 & 8 which take place at the Family Centre with Maura Horkan. All other creative sessions will take place at the Linenhall Arts Centre.

**Date:** Tuesday May 5th, 12th, 19th, 26th  
June 2nd, 9th, 16th, 23rd.



**Time:** 2.30p.m. to 4.30p.m.



**Facilitator:** Six creative, established artists through the Linenhall Arts Centre.



**Cost:** €80 all materials provided.



Booking essential. Places limited & booking is through the Family Centre only. (094) 9025900.

## Enneagram Programme- Part 2

This programme is designed for those who have done Part I. It provides an opportunity to deepen your understanding of yourself and your relationships and how we all see the world through different lens.

**Dates:** Wednesday March 4th & Thursday 5th,  
Wednesday 11th & Thursday 12th 2020



**Time:** 8.00 p.m. to 10.30 p.m.



**Facilitator:** Benny McHale



**Venue:** Family Centre

**Cost:** €60



## Enneagram Programme- Part 3

It is planned to offer Part 3 following the completion of the above two course. Only those who have already completed Part 1 & 2 can participate in Part 3. If you are interested in Part 3 please contact the centre on 094 9025900 and we will keep your details and contact you when dates agreed.



## The John Hoban Music Circle

This music circle offers a supportive community space for adults to come and listen or offer a song or poem, play a tune or dance. It is facilitated by John and Isabela Hoban and runs fortnightly on a Friday evening. They are two very gifted and skilled musicians and singers have a keen interest in encouraging each person to develop their connection with music to enhance their lives. They aim to support adults to make a lifelong connection with music and song and poetry. Each participant is invited to without any pressure to share a song or poem or play something to the group or to simply listen. All welcome and no experience necessary.

**Venue:** The Family Centre

**Date:** These sessions run fortnightly  
beginning Friday, January 24th 2020



**Time:** 8.00p.m – 10.00p.m.  
(Please note the doors are closed at 8.10pm)



**Facilitator:** John and Isabela Hoban



**Cost:** Donation



To check on-going dates for the music circle phone the Family Centre on 094 9025900

## Inner Child Workshop

Our inner child lives on in our consciousness as a real force of life, a true present moment reality. The child is the carrier of our personal stories and the vehicles for past memories. As a way of coping with pain and needs that weren't fulfilled we often disconnect from the part of us that is hurting. This happens particularly with trauma where we disassociate and become deeply disconnected. Many of us struggle with unspoken fear, worry and anxiety. These symptoms show up in the body as butterflies, tensions, restrictions, and usually have their origin in childhood experience. Whatever is repressed earlier on tends to reappear in later life. The main focus of this workshop is to acknowledge and validate the wisdom of the "child within" Making this connection enables us to tap into our creative potential to heal and to reclaim our essential essence. Using gentle techniques, learn to create a safe inner space, a place to come home to. Philomena believes the child self holds the key to healing, it doesn't happen all at once, it is a process. She believes as we all grow older it is possible to become more and more a child at heart, more curious, spontaneous, and playful and experience a felt sense of that vitality. Once we commit to taking care of ourselves in this way new options emerge, we can engage with life with more self-awareness, more vitality and trust. Join other's on this journey of discovery...

This two day workshop is for anyone who is interested and taking time to explore the richness of their inner child.

**Venue:** Venue: Family Centre

**Dates:** Saturday March 28th & Sunday 29th 2020 

**Time:** 10.00a.m – 4.30p.m. 

**Presenter:** Philomena (Phyllis) Hunt 

Philomena Hunt (Phyllis) trained as a Person Centred Counsellor in 2000 and went on to complete a Post Graduate Diploma in Gestalt Psychotherapy. In recent years she has trained in Sensorimotor Psychotherapy for the treatment of trauma. In 2015 Philomena started studying with Dr. Stephanie Mines, the creator of the TARA approach for the treatment of shock and trauma. This is based on Jhin Shin Therapy an ancient Japanese touch therapy system working on the energetic pathways of the body. Dr. Mines has integrated this with Western Psychology and Neuroscience to create the TARA approach. Philomena currently works on a contract basis part time with the HSE Counselling in Primary Care Service, and in private practice as a Therapist and Supervisor. As part of her own healing process she has started using her original name of Philomena again.

**Cost:** €100

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# Take the Time to Review your Life

*(Make sense of your story and find the thread)*

*'there is a thread you follow.  
It goes among things that change.....  
Nothing you do can stop time's unfolding.  
You don't ever let go of the thread'  
("The Way It I" by William Stafford)*

This course is about taking time out of our busy lives to take stock, reflect and review our life up to this point. We will also look back and see our life from a distant stance and try and find a thread/s running through our story which can inform and support us where we are right now. With the use of the simple tools e.g. of writing, visualisation, reflection on memories, hopes and dreams, missed opportunities, successes and regrets we will focus on discovering the thread running through our individual stories and that which has shaped us and our lives.

This workshop is not a therapeutic group, while it might have therapeutic value for each individual as they delve into their own story. There will be time for sharing our explorations or parts of them with each other (if we choose) in order to create a sense of safety and support within the group.

This course will be of interest to anyone who feels they're in a transition phase or seeking clarity or direction in their lives. It will also interest those that want to take stock of what has been, all those eager to explore the value of what is past now and discover what might still be left undone.

No previous writing experience will be needed to take part just the willingness to take time to explore, open our hearts honestly and openly to ourselves following gentle and simple exercises and questions.

**Venue: Family Centre**

**Time: 2pm – 4.30pm**



**Date: Thursday February 27th, March 5th, 12th, & 19th**



This workshop is not a therapeutic group, while it might have therapeutic value for each individual as they delve into their own story. There will be time for sharing our explorations or parts of them with each other (if we choose) in order to create a sense of safety and support within the group.

**Facilitator: Bettina Peterseil**



**Cost: €60**



## Balancing Three Marriages:

*Borrowing an idea from the poet David Whyte this talk will explore the tension arising out of our three marriages: we are married to our partner, our work and to the self. How can we live a life that hold these three in a creative relationship?*

This presentation is about work-life balance but really it is something more - the integration of these three important dimension of our lives. Thinking of work, self and other as three marriages the possibility of living them out in a way in which they are not put into competition with one another. One should not have to give priority to one while sacrificing the other. Work and personal life should be integrated where instead of taking from one another they are allowed to enrich one another.

David Whyte's image of the three marriages allows us to see what they share in common. At their core they are life-long commitments, each is non-negotiable and they involve vows made consciously or unconsciously. "In many ways work must be a marriage, otherwise, why would we put up with it so much over the years? We must have made hidden vows somewhere to follow something larger than the difficulties of every day." (David Whyte 2009)

Kevin will help us reframe how we look at work, relationships and the self because this is key to their integration. In the practical section of the presentation he will address the subject of boundaries and explore how personal and organizational boundaries have an important role to play in a healthy life-style.

**Venue: Family Centre**

**Time: 8pm – 9.30pm**



**Date: Monday March 23rd 2020**



**Facilitator: Kevin Egan**



Dr. Kevin Egan has lectured in psychology at All Hallows College, Dublin City University for many years. He lives in Boyle, Co. Roscommon and works in private practice as a psychotherapist and supervisor. He is a published author and contributes to The Furrow.

**Cost: €15**



Following this course and one that ran last autumn on Forgiveness, if participants are interested in attending a one day workshop on this and similar themes, we will consider facilitating at a later date. If you are interested please leave your name at reception on 094 9025900

## Goals, Vision, Empowerment and Change



Have you found difficulty in being consistent with your goals?

Would you like to understand how to communicate more effectively?

This is the personal development seminar for those that seek awareness, understanding and change. The workshop focuses on clarifying goals and creating awareness around a vision of the future. It explores the importance of overcoming stress in modern day society, the power of neuro-linguistic programming (NLP) and discovering our true potential.

This is a workshop where the emphasis is on you and your future.

**Venue:** Mayo Education Centre

**Date:** Thursday February 13th 2020



**Time:** 7pm - 9pm



**Facilitator:** Neil Shanahan



Neil Shanahan works as a teacher and life coach in Dublin. He has completed a masters degree in Ecology and Religion, exploring the relationship between science and spirituality. He is a qualified (NLP) neurolinguistics programming practitioner and is passionate about personal development. His workshops focus on inspiring the goals and ambitions of the individuals who attend. Neil has an uncompromising belief in the potential of his clients and is passionate about delivering an inspired message.

**Cost:** Free of Charge



This workshop for Parents/Teachers is organised by Mayo Education Centre in conjunction with The Family Centre.

To book the workshop, log onto Mayo Education Centre website at [www.MayoEducationCentre.ie](http://www.MayoEducationCentre.ie)

Refreshments will be available on the night.

# Family & Parenting

## Common Sense Parenting Programme

For Children attending Primary or Secondary School

We are running two 6 week skill based parenting programmes for parents of children attending either Primary or Secondary School (6 to 16 year olds) The programme aims to give parents/guardians the skills and tools necessary to help their children have good boundaries. We also aim to help the parents/g guardians equip themselves with the skills to manage challenging or difficult situations with their children as they grow up.

### First Course:

#### Morning Dates:



Tuesday January 21st, 28th,  
February 4th, 11th, 18st, 25th

Time: 10.00 a.m. - 12.00 p.m.



### Second Course:

#### Evening Dates:



Tuesday April 21st, 28th, May 5th, 12th,  
19th, 26th

Time: 7.00 p.m. - 9.00 p.m.



Facilitators: Trained and Skilled Facilitators  
who are all employed by TUSLA



Venue: Family Centre

Cost: €20 (for skill book)



These programmes are a joint initiative between The Family Centre and Tusla

## Cyber Bullying & Internet Safety (A Talk for Parents & Teachers)

Mayo Education Centre in association with the Family Centre, Castlebar are hosting a talk on Cyber Bullying and Internet Safety for Parents & Teachers. In today's technology-rich environment most of us feel woefully inadequate when it comes to knowing what our children are really experiencing when they use the internet. This is normal and to be expected. However, as parents we have a fundamental duty of care for our children, and unfortunately that means getting a grasp of the things that our children are experiencing on line. The topics covered during the session are as follows:

Cyber Bullying / Privacy in Social Media / The dangers of 'friending' strangers and randomers / Publishing, posting, sending and uploading content / The dangers of sexting, and the many compelling reasons for never engaging in sexting. / The legal ramifications of using Social Media inappropriately / The longevity of content. How things that are published today, can come back to haunt us in the future. / Gaming and Internet addiction and the cynical approach that companies have towards addiction. / How Terms and Conditions make us all into fools.

**Venue: Mayo Education Centre**

**Date: Thursday February 6th 2020**



**Time: 7pm - 9pm**



**Presenter: Jeremy Pagden**

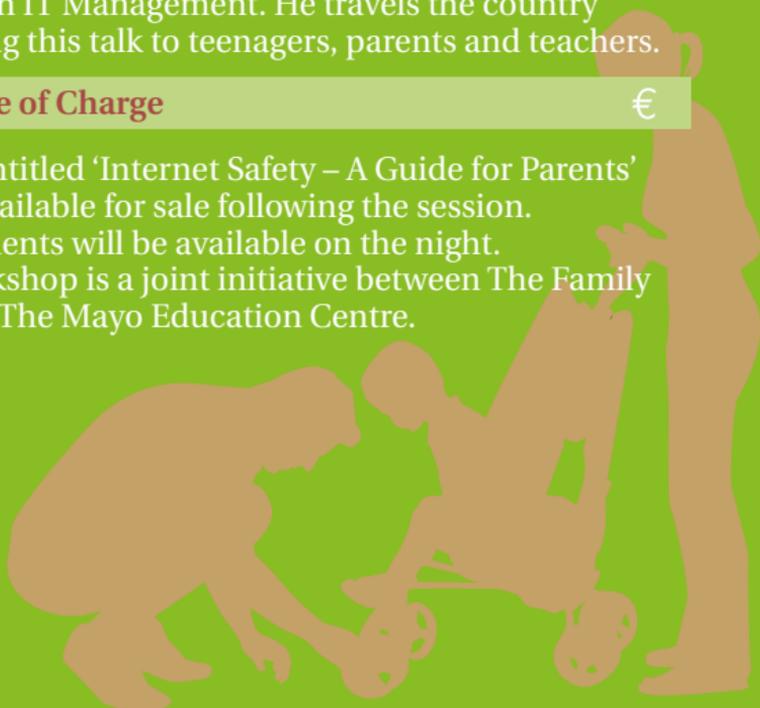


Jeremy is the Managing Director of Lurtel Ltd. and the main presenter on Internet Safety Training seminars for their company. He is a qualified teacher and holds an MBA in IT Management. He travels the country facilitating this talk to teenagers, parents and teachers.

**Cost: Free of Charge**



A book entitled 'Internet Safety – A Guide for Parents' will be available for sale following the session. Refreshments will be available on the night. This workshop is a joint initiative between The Family Centre & The Mayo Education Centre.



# #LittleThings Campaign

## IF A FRIEND SEEMS DISTANT CATCH UP WITH THEM

Being in touch and connecting with other people is proven to have a positive impact on how we feel.



Little things can make a big difference.  
Find the #littlethings that work for you.



Information is available from  
HSE Health Direct

[yourmentalhealth.ie](http://yourmentalhealth.ie)



## ADD FRIENDS TO YOUR TEA

Keeping in touch with friends is proven to have a positive impact on how you feel.



Little things can make a big difference.  
Find the #littlethings that work for you.



Information is available from  
HSE Health Direct

[yourmentalhealth.ie](http://yourmentalhealth.ie)



# SPRING / SUMMER 2020

	DATE OF COMMENCEMENT	COURSE	VENUE	PAGE
JANUARY	January 20th	Mindful Mondays - Series 1- 3 weeks	Castlebar Library	4
	January 21st	Common Sense Parenting Programme	Family Centre	15
	January 22nd	Rainbows Programme	Family Centre	22
	January 24th	Introduction to Centering Prayer	Family Centre	27
	January 24th	Music Circle	Family Centre	10
	January 27th	Numicon Maths System	Mayo Education Centre	18
	January 29th	Understanding & Supporting a child with Anxieties - EVENING	Family Centre	17
	January 30th	Monthly Suicide Bereavement Support Group	Family Centre	22
	February 4th	Suicide Support Group - 6 weeks	Family Centre	21
	February 4th	Monthly Meditation Group	Family Centre	27
FEBRUARY	February 5th	Enneagram Part 1	Family Centre	8
	February 6th	Cyber Bullying & Internet Safety	Mayo Education Centre	16
	February 8th & 9th	Assertiveness/Communication Course - Weekend	Family Centre	3
	February 13th	Understanding & Supporting a child with Anxieties - MORNING	Family Centre	17
	February 13th	Goals, Vision, Empowerment & Change	Mayo Education Centre	14
	February 15th	Introduction to Centering Prayer	Family Centre	27
	February 18th	Positive Parenting: Harnessing the "positive" within children	Mayo Education Centre	19
	February 24th	Mindful Mondays - Series 2	Castlebar Library	4
	February 27th	Understanding & Supporting a child with Anxieties - MORNING	Family Centre	17
	February 27th	Take the Time to Review your Life	Family Centre	12
February 28th	Ecumenical Service of Remembrance for Children	Holy Rosary Church, Castlebar	21	

	February 29th	The Cost of Compulsive Caregiving	Family Centre	6
MARCH	March 3rd	Monthly Meditation Group	Family Centre	27
	March 4th	Enneagram Part 2 & 3	Family Centre	10
	March 7th & 8th	Working with Sexual Trauma	Family Centre	23
	March 18th	Understanding & Supporting A Child with Anxieties - EVENING	Family Centre	5
	March 20th	Emotions & Needs	Family Centre	23
	March 23rd	Balancing Three Marriages	Family Centre	13
	March 24th	Breathe Well, Live Well, Sleep Well-The Mindful Bottom Line	Family Centre	9
	March 26th	Monthly Suicide Support Group	Family Centre	14
	March 26th	Give yourself a Gift of Self-Care Morning	Lough Lannagh	8
	March 27th	The Challenge of Self-Care	Family Centre	24
	March 28th & 29th	Inner Child Workshop	Family Centre	11
	April 3rd	The Art & Craft of Couples Therapy	Family Centre	25
	April 4th & 5th	The Possibility Programme	Family Centre	5
	April 7th	Monthly Meditation Group	Family Centre	27
April 18th	Power - The Unseen Presence in the Therapeutic Space	Family Centre	26	
April 21st	Common Sense Parenting	Family Centre	12	
April 22nd	Discover Your Interests	Family Centre	7	
May 5th	Monthly Meditation Group	Family Centre	27	
May 5th	Arts & Wellbeing Series	Linenhall Arts Centre	9	
May 11th	Mindful Mondays - Series 3	Castlebar Library	4	
May 25th	Preperation for Parenthood - Inviting all mams & dads to be	Family Centre	20	
June 2nd	Monthly Meditation Group	Family Centre	27	
July 7th	Monthly Meditation Group	Family centre	27	
APRIL				
MAY				

# LITTLE THINGS CAN MAKE A BIG DIFFERENCE.

## PROBLEMS FEEL SMALLER WHEN YOU SHARE THEM

Talking about your problems is proven to have a positive impact on how you feel.



Little things can make a big difference.  
Find the #littletings that work for you.



[yourmentalhealth.ie](http://yourmentalhealth.ie)

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SAMARITANS

## DRINK LESS AND GREAT NIGHTS BECOME GOOD MORNINGS

For the average Irish drinker, drinking less alcohol will have a positive impact on their health and mental wellbeing.



Little things can make a big difference.  
Find the #littletings that work for you.



[yourmentalhealth.ie](http://yourmentalhealth.ie)

116 123

SAMARITANS

[http://www.yourmentalhealth.ie/  
Get-involved/LittleThings-campaign/](http://www.yourmentalhealth.ie/Get-involved/LittleThings-campaign/)

## Understanding and Supporting a child with anxieties

In today's world anxiety is fast becoming a real concern for parents/guardians and teachers. In this workshop Dr. Sharyn Byrne will look at the following:

- Understanding the brain
  - Understanding what happens in an anxious brain
  - Using a model to explain the behaviors associated with an anxious brain
  - Experiential learning on how parents can engage with their children when they're experiencing anxiety/worry
- There will be an opportunity for Q&A session, with recommendations on useful reading resources for concerned parents.

**Date: - Morning Session: Thursday February 13th**   
& Thursday February 27th 2020

**Time: 10.00 a.m. - 12.00 p.m.** 

**Date: - Evening Session: Wednesday January 29th**   
& Wednesday March 18th 2020

**Time: 7.00 p.m. - 9.00 p.m.** 

**Cost: Free of Charge.** 

**Facilitator: Dr. Sharyn Byrne** 

Dr Sharyn Byrne is senior clinical psychologist in Child & Adolescent Mental Health Services in Castlebar. She has worked in CAMHS for the last 6 years and enjoys early intervention and preventative work with children and families. Most of her work (80%) is with the system around the child e.g. within the family and/or school. She is trained as an Attachment-based Family Therapist, providing specialist intervention in childhood trauma, and attachment. She has worked predominantly in Adult Mental Health prior to 2012.

*These workshops are a joint initiative between The Family Centre, Mayo Education Centre and CAMHS Psychology Service*



**The Mayo Education Centre in association with Downs Syndrome Ireland & The Family Centre, Castlebar are delighted to provide training specifically for Parents of children with special educational needs.**

Numicon® Maths system is a multi-sensory approach to number teaching. This workshop will be targeted at children operating at the following curriculum levels: Junior/Senior Infants, 1st, 2nd. Some early multiplication is also included. Numicon imagery uses patterns to represent each numeral, the patterns are structured so number relationships can be seen in a way not provided by written numerals. Teachers find that pupils are motivated by Numicon and quickly develop positive attitudes to maths, resulting in raised achievement. This workshop will provide parents with practical experience so that they are confident to support others using Numicon and confident to use it themselves.

**Venue: Mayo Education Centre.**

**Date: Monday 27th January 2020**



**Time: 7.00pm – 9.00pm**



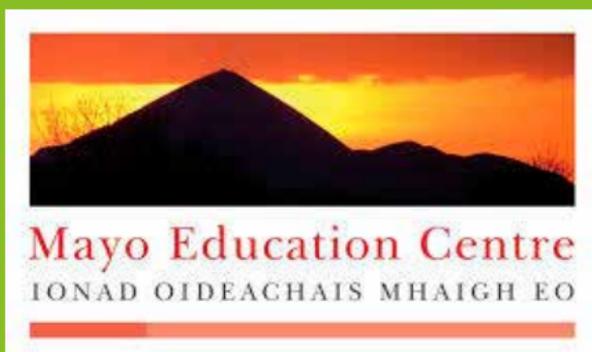
**Facilitator: Rose Anne Basquel**



Free of Charge & Refreshments will be served. Booking through the Mayo Education Centre on 094 9020700 or the Family Centre on 094 9025900 mental wellbeing in society.

**Cost: Free of Charge.**

This workshop is a joint initiative between The Family Centre and the Mayo Education Centre Refreshments will be available on the night.



## Positive Parenting: Harnessing the 'positive' within children

As parents, we all want our children to be happy and healthy; but sometimes we feel as though we have little real influence over them. New scientific research reveals that happiness can be cultivated within the home and that parenting styles and practices have a tremendous effect on children's emotional outlook on life. By promoting some basic positive traits and harnessing their inner strengths we can encourage our children to have a more positive view of self, others and the world. Parenting can be challenging but also a positive and fulfilling experience.

**Venue:** Mayo Education Centre

**Date:** Tuesday February 18th 2020



**Time:** 7.00 p.m. - 9.00 p.m.



**Facilitator:** Shane Martin



**Cost:** Free - refreshments will be available.



Chartered Psychologist of the Psychological Society of Ireland. He is a psychologist dedicated to teaching the very best evidence-based psychology to help people protect their mental health and enhance the quality of their lives. Shane has been a keynote speaker at numerous conferences on a range of topics around wellbeing, positive mental health, recovery and happiness. A leader within the area of education, he has visited hundreds of educational institutions nationwide working with management teams, teachers/lecturers, students and parents.

This workshop is a joint initiative between Mayo Education Centre & Family Centre, Castlebar

## Support Group for parents of children who have been sexually abused

For the past several years the Family Centre has facilitated a monthly support group for parents who have had to deal with the reality of their child/children having been sexually abused. The group is now open to new parents joining their monthly support meetings. The group meets on a highly confidential basis where parents are enabled to support each other in a respectful way that helps to overcome the isolation many people feel with this issue. The group is facilitated by Family Centre Counsellors.

Anyone interested in attending or receiving more information about the group should contact Michael Burke, Senior Clinical Psychologist or Máire Ní Dhomhnaill, Director in confidence on 094 9025900.

## Preparing for Parenthood Inviting all mums and dads-to-be

Expecting a baby can be a very happy time for parents to be but it may also feel daunting and at times overwhelming. This is true whether it is your first pregnancy or successive pregnancies. Whether you feel excited, anxious, happy, unsure or simply curious this talk may be of interest to you. The talk which will be given in a relaxed and informal way with plenty of opportunities for discussion and Q&A will focus on:

Interesting things to know about babies.

Building a relationship with your baby: the importance of attachment for baby to thrive. The emotional adjustment of becoming a parent. The importance of parental well-being & 'being good enough'!

**Venue: Family Centre**

**Date: Monday May 25th 2020**



**Time: 7pm – 8.30pm**



**Presenter: Dr Jeananne Garavan**



**Cost: Free of Charge.**



Jeananne is a Senior Clinical Psychologist in Primary Care Adult Psychology Services based in Castlebar. She is currently developing what is a new service in primary care having worked for the past 18 years in Adult Mental Health, most of which was based in Castlebar with the Mayo Adult Mental Health Services, HSE. Jeananne is also qualified as a Cognitive –Analytic Therapy Practitioner. She has regularly contributed to the NUIG Doctorate in Clinical Psychology Programme through lecturing and supervision. She has a keen interest in perinatal mental health and the interface between adult and infant well-being. Her therapeutic work with adults has always been informed and strongly influenced by attachment theory and how we relate to each other. She is very passionate about the importance of nurturing parents and caregivers so that babies and infants are nurtured in kind.

This programme is organised in collaboration with Mayo Primary Care Adult Psychology Services.

# Loss & Bereavement

## Suicide Bereavement Support Group

The Family Centre will offer a 6 week support group for individuals who are affected by death through suicide. The group aims to be a safe, non-judgmental and confidential place where people who have been bereaved through suicide can learn to cope as best they can.

**Dates:** Tuesday February 4th, 11th, 18th, 25th & March 3rd, 10th 2020 

**Time:** 8.00 p.m. - 10.00 p.m. 

**Cost:** Donation. 

**Facilitator:** Fiona Thomas & Paula Sheridan 

Contact: Fiona Thomas, Counsellor on 094 9025900 at the Centre prior to booking

## An Ecumenical Service of Remembrance for Children

This Ecumenical Service of Remembrance commemorates children who have died prior to birth, through miscarriage, stillbirth, or termination or who have died in their childhood years. All parents, families and their friends who have experienced the loss of a child at any time are welcome. The service in particular commemorates the lives of children who died in Mayo University Hospital during 2017, or whose parents received care from the hospital during that year. One of the themes of the service is that while your child may have died your bond and relationship with your child will live on. Families will have the option to name their child, if they have not already done so. If they so wish they can have the child's name entered into the Service Remembrance Book .

**Dates:** Friday February 28th 2020 

**Time:** 8.00p.m. 

**Venue:** Church of the Holy Rosary, Castlebar

## Monthly Suicide Bereavement Support Group

For those who have previously attended our weekly Suicide Bereavement Support Groups over the years the Family Centre offers a follow up monthly support group for individuals who are affected by death through suicide. The group will provide a safe and confidential place to help you on your journey of grief and loss.

**Dates:** Thursdays January 30th March 26th, April 30th, May 28th, June 25th, July 30th 

**Time:** 8.00 p.m. - 10.00 p.m. 

**Cost:** Donation € 

**Facilitator:** Fiona Thomas & Paula Sheridan 

Contact: Fiona Thomas Counsellor at the Centre prior to booking

## The Rainbows Programme

Rainbows is a group programme which supports children who have suffered a significant loss through death, separation, or divorce. It is available for children and young people from seven years to eighteen years of age. The Family centre currently facilitates children from 7 to 13 years. The earlier an application is made the more likely your child will be accepted on to the programme.

**Venue:** Family Centre

**Dates:** Wednesday- January 29th February 5th, 12th, 26th, March 4th, 11th, 18th 25th April 1st. 

**Time:** 6.30pm- 7.30pm 

**Cost:** Free of charge € 

## Information Meeting for Parents/Guardians

An information meeting will be held in the Family Centre on Wednesday January 22nd at 7pm. It is essential that parents and guardians of children attend this information meeting.

# Professional Training

## Working with Sexual Trauma

This two day workshop for therapists, counsellors and health care workers exploring the recovery principles for working with sexual violence or sexual trauma. We will be looking at the fundamentals of working with sexual violence. There will be an opportunity to look at the latest scientific, evidence based research around trauma. Using this lens we will explore what this might mean in the counselling/therapy room for the client and the therapist. This workshop is for anyone interested in developing their practice.

**Dates:** Saturday March 7th & Sunday March 8th 2020 

**Time:** 10.00a.m. - 4.30 pm 

**Presenter:** Ruth Mac Neely 

Ruth Mac Neely is from Mayo and has worked for the last 25 years in the area of recovery from Sexual Violence and in Child Abuse Prevention. A survivor of abuse herself, she has a profound depth of experience. She was a founding member of Mayo Rape Crisis Centre and has worked as a counsellor, trainer and advocate with the Service. Ruth has developed a unique expertise and view with regard to the perspectives and practices that aid safe, positive long term recovery.

**Cost:** €80 

## Emotions and Needs

This workshop will explore the role of our emotions and needs in everyday life. Questions such as what is an emotion and what is a need will be explored together with how emotions and needs interact in our everyday lives or to sometimes cause psychological problems. We will also journey into the past to illuminate how problems with needs and emotions can arise in our developmental years. Finally we will explore therapeutic interventions such as object relations therapy that take emotions and needs as their primary focus and how therapists can best use themselves to assist people in coming to an acceptance of emotions and needs.

**Venue:** Family Centre, Castlebar

**Date:** Friday, March 20th 2020 

**Time:** 10.00a.m. - 4.30 pm 

**Presenter:** Kevin Fehin 

Kevin Fehin. Kevin is a Senior Clinical and Counselling Psychologist with almost twenty years' experience working both in clinical and private settings. He is currently employed in the Adult Mental Health Service with the HSE. Among other qualifications he holds a Masters in Psychoanalytic Studies.

**Cost:** €80 

## The Challenge of Self Care

Self-care is a challenge for most people, but particularly for those in the caring professions. Research indicates that professional carers tend to be very good at looking after others but not so good at looking after themselves. As we become more aware of the needs our clients, particularly those who have trauma histories we may cross over our professional boundaries leaving us exhausted and developing patterns where we become compulsive carers often at the cost of our health and wellbeing.

This course aims to provide staff with tools and knowledge to manage their own self-care, while working with learners who may be challenging or who have experienced traumatic events. This course aims include:

To provide an assessment of your current self-care practices.

To identify patterns of rescuing/fixing others and the cost of those practices including compulsive caring.

To identify what are our professional boundaries and how they are linked to self-care.

To understand Trauma Informed Care and how we can use that approach to work with learners

To develop a self-care tool box to enable us to flourish and resource our work and ourselves.

**Venue:** Family Centre, Castlebar

**Dates:** Friday March 27th 2020



**Time:** 10.00am – 4.00pm



**Presenter:** Jess Angland



Jess Angland, (MBS, BBS, Cert in Addiction, Cert in Counselling, Cert in Supervision) has worked in training and education for the last 20 years. She has worked in organisations in healthcare, community development, as well as lectured for the National College of Ireland, IADT and UCC on their Professional Development Programmes. Jess in the past 5 years has taken an active interest in the dynamics of attachment in Adult Life and has explored same, under the tutelage of Dr Úna Mc Cluskey. She spent thirteen years working in domestic abuse and became aware that she and many staff working in the caring professions were great at looking after everyone else but not themselves. After burning out on a few occasions, she began pursuing answers as to why she and her peers was not adequately practising self-care. She found that some of those answers were related to trauma but that did not seem to explain everything. Jess founded ReWire Training & Supports to enhance and provide supports to Youth, Education, Healthcare and Social Care organisations dealing with vulnerable adults and children, and is particularly committed to the mainstream of trauma informed care.

**Cost:** €80



## The Art and Craft of Couples Therapy

This workshop presents couples therapy as both art and craft. The Craft refers to the need for counsellors to develop and hone their tradecraft through disciplined learning, skill acquisition, experience, and formation. The Art refers to the need for the therapist to have access to the intuitive, emotional, and poetic sensitivities necessary to engage emotionally with the complexities of couple's work. Integrating emotion-focused, schema-based, strategic, existential and up-to-date developments in the field, Colm presents a psychodynamic understanding of couple's therapy. The workshop will be a conversational seminar within which Colm will and lay out a framework for understanding couples work. Some of the issues Colm will address will include:

Saving relationships at the point of ending  
Techniques that facilitate rapid change  
Advances and challenges in Couples Therapy  
Types of couples  
Schema therapy in Couples work.  
DBT in couples work.  
Domestic Abuse  
Extra marital affairs  
Passive Aggressive-Dependent Relationships.  
Narcissistic Abuse.

**Venue:** The Family Centre

**Date:** Friday April 3rd



**Time:** 10.00 – 4.30pm



**Presenter:** Dr. Colm O Connor



Colm is a clinical psychologist, family & couple's therapist, and author of *The Awakening*, *The Courage to Love* & *The Courage to be Happy*. He has over thirty years of experience and specializes in family, marital and child therapy. He was founder of the Cork Domestic Violence Project in 1992 and set up the first treatment programme for violent men in Ireland. He worked for many years with adult sex offenders having trained at the Gracewell Clinic for Sex Offenders in Birmingham in 1992.

**Cost:** €80



## Power: The Unseen Presence in the Therapeutic Space

Power is an inescapable element of any relationship and it is present in both the counselling relationship (between client and therapist) and the supervisory relationship (between supervisor and supervisee). In this workshop Shane will explore the nature of this power and how it is present in both of these relationships. He will also look at how this power presence impacts on the therapeutic and supervisory relationships. Ways of acknowledging and addressing it will be debated and suggestions for 'power-proofing' the therapeutic space will be offered.

go beyond the theory, while there will be some theory inputs, most of the material will be explored through experiential exercises.

This workshop is suitable to everyone who works therapeutically with people and all supervisors.

**Venue:** Family Centre, Castlebar

**Date:** Saturday April 18th 2020



**Time:** 10.00am – 4.30pm.



**Presenter:** Shane McGuire



Dr. Shane McGuire is Counsellor/Manager of the HSE Community Healthcare West Drugs Service. The service provides a free, direct access range of supports to substance misusers and those affected by substance misuse. Shane's interests include cycling and hillwalking. Shane is a long serving member of Mayo Mountain Rescue Team and is currently Deputy Team Leader.

**Cost:** €80



# Faith & Spirituality

## Introduction to Centering Prayer

Centering Prayer, as taught by Thomas Keating, is a silent and gentle way of prayer in which we consent to the presence and action of God within. This morning is suitable for those who are completely new to the prayer and for those who have an established daily practice of Centering Prayer. Participants will be given input into the background to Centering Prayer, the method, dealing with thoughts during the prayer and the fruits of Centering Prayer in daily life. The morning will also offer an opportunity for silence, stillness and the experience of praying this way in a group setting. All that is required is an open heart and mind and a desire to simply rest in God's love for you and to share it with others in the actions of your everyday life.

**Venue:** Family Centre, Castlebar

**Date:** Friday January 24th 2020



**Time:** 10.00 – 1pm.



**Facilitator:** Niamh Brennan



Niamh Brennan is a member of the Core Team of Contemplative Outreach Ireland which provides ongoing support to individuals who commit themselves to the practice of Centering Prayer. COI passes on the teachings of Fr. Thomas Keating through their facilitation of workshops, days of reflection and weekend and 8-day Centering Prayer retreats. Niamh currently works as a hospital chaplain.

**Cost:** €10



## Monthly Meditation Group

This will be offered on the first Tuesday of each month from February. Using audio visual aids, it will include teaching on Meditation/Centering Prayer

**Date:** Tuesdays February 4th, March 3rd, April 7th,  
May 5th, June 2nd, & July 7th



**Time:** 7.30 p.m. – 8.45 p.m.



**Facilitator:** Maura Flynn R.S.M. Counsellor/Prayer Guide



**Cost:** Free



## Follow-up Workshop to the Introductory Workshop on Centering Prayer

If you participated and enjoyed the Introductory workshop and want to make Centering Prayer a daily practice we plan to offer the six follow-up sessions (with DVDs of Thomas Keating's teaching) during a one day workshop. In this workshop we will cover the following:  
Prayer in Secret.

What Centering is not and what it is.

The Discipline of Centering Prayer.

The Basic Principles and the Method of Centering Prayer.

Included in the workshop will be time for an experience of this silent prayer in the group setting.

**Venue:** Family Centre, Castlebar

**Date:** Saturday February 15th 2020



**Time:** 10.00-4.30pm



**Facilitator:** Niamh Brennan



Niamh Brennan is a member of the Core Team of Contemplative Outreach Ireland which provides ongoing support to individuals who commit themselves to the practice of Centering Prayer. COI passes on the teachings of Fr. Thomas Keating through their facilitation of workshops, days of reflection and weekend and 8-day Centering Prayer retreats. Niamh currently works as a hospital chaplain.

**Cost:** €20



# 6 WEEK STRESS CONTROL COURSE

FREE

OVER 6 WEEKS OF CLASSES YOU  
WILL LEARN WAYS TO MANAGE  
YOUR STRESS BETTER.  
COME BY YOURSELF OR BRING A  
FAMILY MEMBER OR FRIEND.

**As this is a class and not therapy  
no one will be asked to discuss  
their personal experience**

Classes delivered by Clinical  
Psychologists Dr. Will Mowlds  
& Dr. Jeananne Garavan



**FIND OUT MORE**

(094) 9049143

[martin.oreilly2@hse.ie](mailto:martin.oreilly2@hse.ie)



Cúram Sláinte  
Fhobail, Iarthar  
to Health of Children,  
Welfare and the Community

Community  
Healthcare West  
Leaving Quality, Safety  
and Wellbeing

# Have You Thought About or Attempted Suicide?



The Eden Programme may be for you.

## Rediscover Hope

Eden - an educational programme with a therapeutic element that supports people to move away from suicide as an option of choice in times of crisis.

**Runs one morning a week in Castlebar.**

**For further information contact Mary on**

**087 4196436**

**Mary.KilcomminsGreene@hse.ie**

**www.suicideorsurvive.ie**

Suicide or Survive is a member of Charities Institute Ireland. We are bound by the triple lock system which means we adhere to the principles of transparent accounting, good governance and good fundraising. We comply with the Governance Code for the Community, Voluntary and Charity sector. Registered Charity Number: CHY16442

For more information [www.suicideorsurvive.ie](http://www.suicideorsurvive.ie) and [www.charitiesinstituteireland.ie](http://www.charitiesinstituteireland.ie)



yourmentalhealth.ie  
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National Counselling Service



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

Connecting For Life

# **Self Care to Wellness Programme**

If you are living with a long term Health condition this programme maybe of interest to you!



## **What:**

A six week, 2.5 hrs per week programme to support persons who are living with one or more long term health conditions or ongoing health problems.

## **Why:**

People who are supported in this way increase their knowledge, skills and confidence to better manage their health in partnership with their health care provider.

**When:** See our website

**Where:** Across the Region

**How:** Complete registration form available in programme information leaflet provided. Free programme, we ask for €20 for registration.

**You must register in advance of programme.**

[www.selfcaretowellness.org](http://www.selfcaretowellness.org)



**A programme to help you live well with a long-term health condition(s)**

**For more information please contact the programme coordinator:**

Jackie Lynott on:

087 7185615 or (094) 9034980 or  
[www.selfcaretowellness.org](http://www.selfcaretowellness.org)



family centre, chapel street, castlebar

We are keen to develop courses and support programmes in response to real needs. Should you have any suggestions, ideas, advice to offer, please send them to:-

**Máire Ní Dhomhnaill, Director,  
Family Centre, Chapel Street, Castlebar  
F23 PH39**

**Telephone: 094 - 9025900**

**E-mail: [info@thefamilycentre.com](mailto:info@thefamilycentre.com)**

**Website: [www.thefamilycentre.com](http://www.thefamilycentre.com)**



**@tfccastlebar**



Car parking is generally available in the Church car park immediately opposite the Family Centre. The cost of parking is €2 irrespective of the length of time you have been parked there. At night time there may be free parking along Chapel Street.