

family centre

CHAPEL STREET, CASTLEBAR, CO. MAYO

family life services
cúram clainne
archdiocese of tuam

autumn/winter programme 2021

www.thefamilycentre.com

contact details

tel: 094-9025900

email: info@thefamilycentre.com

monday - friday

9.30 a.m. - 1.00 p.m.

2.00 p.m. - 5.30 p.m.



@TFCcastlebar



family centre, chapel street, castlebar

2021

CHY15845 Company Reg. No. 369613
Charities Regulatory Authority No. 20055721

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.

Memorandum & Articles of Association -

Main Object – Article 2. (1) (a)

“To establish, maintain and operate the Family Centre at Chapel Street, Castlebar, County of Mayo for the benefit of the local community to provide support for families and individuals through counselling, education and training.”

Covid 19 Notice:

Offering some of our courses on-line since March 2020 has been very successful so we have decided to continue some of our workshops & courses on-line. We plan to re-introduce face to face courses too and this will bring changes including number of participants, venues, refreshments etc.

We will provide hand sanitisers and hold the 2-metre social distance as far as possible and masks if essential - our priority at all times will be to keep us all safe. Please be patient with us.

We will be following all current guidelines which means we will be updating the changes on an on-going basis. Please check the most up to date notices on our website or contact the centre. As we go to print the guidelines state **“all participants will require to be fully vaccinated or have recovered from Covid 19 in the previous 6 months”**.

Booking & Payment:

As numbers are limited for our various courses and workshops, we recommend you book early. We provide the following options for booking:

- Go to Eventbrite and search for the Family Centre, Castlebar and you will see the various courses.
- Call into the centre and pay by cash, cheque or card or phone in and pay by debit card.
- Visit our website www.thefamilycentre.com where you can book and pay through the IDONATE button.

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.

2021
autumn/winter programme

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 could be for you.

This is a two-day workshop for those of you who want to develop your confidence, understand yourself better, acknowledge your strengths and weaknesses and become more assertive about living the life you want to lead. This course will enhance your life-skills for coping, build confidence in a wide variety of relationships and situations, help with any post lockdown social anxiety, and overall support you to lead a better quality of life.

Dates: Saturday, October 2nd, and 16th



Time: 10.00 – 4.00p.m.



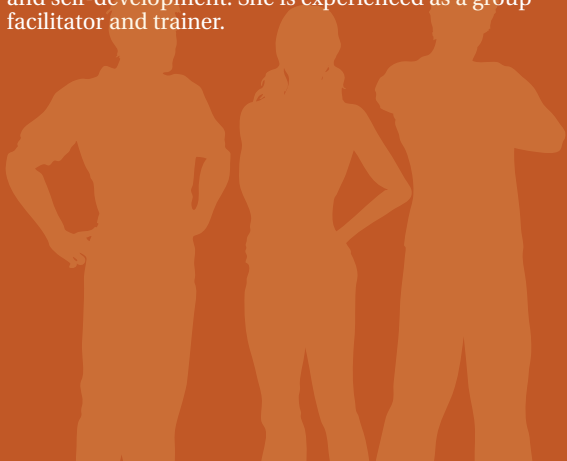
Cost: €50



Venue: Family Centre, Castlebar

Booking: Via Eventbrite by searching "The Family Centre Castlebar" or phone The Family Centre on 094 9025900

Facilitator: Jannah Walshe. Jannah 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.



MINDFUL MONDAYS 2021



Join our weekly Mindfulness session which is organised as part of the Flourish Social Prescribing Service. It is open to all adults who wish to enhance their wellbeing.

This 40-minute **guided practical** session in Mindfulness techniques including gentle exercises, a body scan using poetry and music which can be done in a seated position. No experience necessary to attend.

Come and join others in this relaxed environment and take this opportunity for yourself to quieten at the start of a week and learn how it can energise you for the week ahead. Our aim is to begin these sessions on zoom and move to face to face and meet at Castlebar Library as soon as Government restrictions allow possibly from November 1st. Participants will receive the current Government Guidelines in relation to meeting at Castlebar Library prior to November 1st. Full details will also be circulated on the flourish email service which you are welcome to join by simply emailing flourish@thefamilycentre.com Or contact the centre on 094 9025900

Dates:

Mondays:



Series 1: Sept 6th, 13th, 20th

Series 2: Sept 27th, Oct 4th, 11th, 18th,

Series 3: November 1st, 8th, 15th, 22nd
29th, Dec 6th, 13th

Please note: No Mindful Mondays on October 25th

Time: 10.30am -11.10am.



Cost: Donation



Venue: Zoom online sessions & Castlebar Library
from November 1st

Facilitators: *Maura Horkan & Lisa Marren* Project Workers with the Flourish Service which offers a range of interesting courses all designed to enhance your health & wellbeing and supporting you to connect with all that is happening in the community.

Booking: email flourish@thefamilycentre.com


THE JOHN HOBAN MUSIC CIRCLE AT THE FAMILY CENTRE



This music circle which is part of the Flourish Social Prescribing Service offers a supportive community space for adults to join. Each participant is invited to without any pressure to share a song or poem or play something to the group or to simply listen. It is facilitated by John and Isabela Hoban and runs fortnightly on a Friday evening. John and Isabela are two very gifted musicians and singers and 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. All welcome and no experience necessary.

Covid-19 Notice:

Offering the music circle via Zoom has been very successful so we have decided to continue some of the sessions online. We plan to re-introduce face to face sessions by hosting sessions every second Friday in Castlebar. We will be following all current guidelines which means all participating will require to be fully vaccinated or have recovered from Covid in the previous 6 months. This will change again throughout October, and we will inform you of updates through our email link.

Dates: These sessions on ZOOM will run from  8pm to 9pm and begin on **Friday Sept 17th, October 15th, November 12th & December 10th**. You will need to have Zoom downloaded on a computer or phone.

The **FACE-TO-FACE** sessions will be held in **Castlebar** and run from **8pm to 9.30pm on October 1st & 29th, November 26th**.

Cost: **Donation**



Booking: To register and get the zoom link email flourish@thefamilycentre.com or enquiries to 094 9025900

REVIVE & THRIVE with



Flourish again with confidence and positivity

Reflect, reset, recharge

Flourish, in collaboration with the Mayo Mental Health Association are delighted to offer a 4-week course to build a toolkit for maintaining wellbeing as we come out of lockdown.

We are all facing challenging times now, and it is inevitable that we will continue to experience challenging times as we emerge from lockdown and face into a “new normal”. Therefore, it is important that we look at some of the knowledge and skills which we can learn and develop to positively adapt to changing, uncertain circumstances and focus on what matters most to you.

Session 1: Fears & Thoughts

Session 2: Values & Resilience

Session 3: Be in the here and now

Session 4: Action

Dates: Mondays, September 27th,
October 4th, 11th, 18th



Time: 2.00pm - 4.00pm



Cost: Free of charge



Venue: Cúram Centre, Claremorris

This event will be run face to face with strict adherence to HSE and Government guidelines which currently state that all participants must be fully vaccinated or recovered from COVID-19 within previous 6 months.

Booking: Via Eventbrite by searching “The Family Centre Castlebar” or phone The Family Centre on 094 9025900

Facilitator: Lisa Marren - project worker with the Flourish service at The Family Centre.

Lianne McManamon – Health Promotion Officer at Mayo Mental Health Association.

This course is a joint initiative between Mayo Mental Health Association and Flourish at The Family Centre Castlebar.

TIME TO WRITE WITH FLOURISH



Have you ever wanted to write a poem, a short story, a piece of memoir? Now is your chance to begin to do so with others who share the same interest. Maybe you've often felt this interest in writing and didn't know how to start or wondered if you could even do it?

This online course will be run as part of the Flourish at the Family Centre and facilitated by Jean Tuomey over 4 afternoons. It will be held on zoom in a supportive and encouraging atmosphere. Each week prompts and guidelines will be provided to get the writing started. No previous experience of creative writing is necessary, just a willingness to give it a go.

Dates: Tuesdays October 5th, 12th, 19th, 26th 

Time: 2.30pm - 4.00pm 

Cost: €30 

Venue: via ZOOM

This event will be run face to face with strict adherence to HSE and Government guidelines which currently state that all participants must be fully vaccinated or recovered from COVID-19 within previous 6 months.

Booking: Via Eventbrite by searching "The Family Centre Castlebar" or phone The Family Centre on 094 9025900

Facilitator: *Jean Tuomey* - Jean is a former teacher and is trained in writing facilitation with the National Association of Poetry Therapy in the United States. She has been facilitating writing groups for over twenty years. Her aim is to offer others the chance to use the pen as a means of creative expression.

STEPPING INTO OUR COMMUNITY

with  and

REDISCOVER YOUR INTERESTS

in a safe and supportive group setting
(7-week course face to face)

“Do you feel life is different now?

Are you wondering how you might start to safely rejoin
activities in your community?

Are you ready to see what is available and open again?

Would you like a chance hear and sample a bit of what is happening in your local community? Would you like to meet with a new group to participate in a variety of social and leisure opportunities? Would you like to reconnect with others through social opportunities to enhance your health and wellbeing?

This 7-week course offers the opportunity to do this through Flourish at the Family Centre. Through this enjoyable course you will:

Explore and rediscover your interests; Meet new people; Go on a few community visits e.g., to the Linenhall Arts Centre, Turlough Museum and experience a hands-on 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.

Dates: Wednesday's November 3rd, 10th, 17th, 24th, Dec 1st, 8th, 15th



Time: 10.00 a.m. – 12 noon



Cost: €50



Venue: Tennis Club, Castlebar

Booking: Via Eventbrite by searching “The Family Centre Castlebar” or phone The Family Centre on 094 9025900

Facilitator: *Maura Horkan & Vivianne Maloney.*

Maura is the Project Worker with the Flourish service 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.

OLDER & BOLDER

As we begin a new season of our lives, we often feel overwhelmed or at sea as to what next if we see this as another phase in life with a new purpose, we just may need a space to explore it!

Are you ready for the next chapter? Be brave Be bold, discover your unexplored strengths and abilities. Have you always wanted to take something on or let go of something or share your wisdom, but were afraid to do so? Do you reflect on what is standing in your way? How can you move past it? The greatest antidote to fear is boldness. you might be afraid to take on something new, meet new people, or take the risk to change.

This course aims to discover: • Self- Acceptance • Acknowledging our fears • Exploring & Examining our beliefs and thought patterns. Learn to Re-Frame them to face our fear to change our behaviour to become bolder one step at a time. • Becoming our own Cheer Leader, taking time to recognise all we have accomplished so far and how to think and act boldly for the next stage.

So, grab a cup of tea, a comfy chair and enjoy!

This interactive course will be delivered over 4 mornings

Dates: Thursdays November 4th 11th 18th 25th. 

Time: 10.00am - 12.00pm 

Cost: €30 

Venue: via ZOOM

Booking: Via Eventbrite by searching “The Family Centre Castlebar” or phone The Family Centre on 094 9025900

Facilitator: *Loretta Bracken* - Loretta is an accredited psychotherapist who works as a volunteer counsellor in the Family Centre. 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.

BREATHE EASY WITH FLOURISH



This course will introduce you to simple breathing exercises to use in your daily life so as:

To help to resolve issues such as anxiety, depression, insomnia.

To Increase oxygenation throughout your body

To Improve your energy levels

To Boost your immune system

To Stimulate your blood circulation

To Increase the relaxation response in your body

Dates: Tuesdays October 5th, 12th, 19th, 26th 

Time: 6.00pm - 7.00pm 

Cost: €20 

Venue: via ZOOM

Booking: Via Eventbrite by searching “The Family Centre Castlebar” or phone The Family Centre on 094 9025900

Facilitator: *Claire Black* - Claire lives in Wexford and is a practitioner and trainer of Transformational Breath®. She is also a yoga teacher and shiatsu practitioner.

Today, more than ever, she feels that breathing fully and freely with our diaphragm is key for maintaining our health and wellbeing.

THE "HOW TO" SERIES

Once off evening sessions in October, November, and December that you can dip into and really enjoy!

These once off sessions are experiential, in other words they are not in lecture or presentation format. The intention of each session is to allow you to experience 'How To' in the comfort of your own home, maybe even your own bed!

These research-based guided sessions are in a small group. They are simple, effective and can be experienced in the comfort of your own home.

How does it get better than this?

1. How to Find Peace:

7.00-8.00pm, Tuesday October 5th on Zoom

Peace does not mean to be in a place where there is no noise, challenges, or hard work. It means to be in the midst of those things and still manage to connect.

There are 14,440 minutes in each day. Maybe you deserve 60 minutes of peace?

Get your mat, blanket, and pillows/cushions ready. The session will be guided sitting for 30 mins and lying down for 30 mins. If lying down is not an option, the practices are as effective sitting.

2. How to Sleep:

7.00-8.00pm, Wednesday November 17th on Zoom

"Sleep is the best meditation" Dali Lama

Are you feeling tired but wired? Is worry keeping you awake?

Get your mat, blanket, and pillows/cushions ready. The session will be guided sitting for 30 mins and lying down for 30 mins. If lying down is not an option, the practices are as effective sitting.

3. How to Relax:

7.00 - 8.00pm, Wednesday 1st December on Zoom

Relaxation is not a luxury; it is a necessity!

Learn to move from 'thinking and doing' to 'feeling and being'. You can function optimally in life, and experience good health when you balance the stress you experience with some deep relaxation.

Get your mat, blanket, and pillows/cushions ready. The session will be guided sitting for 30 mins and lying down for 30 mins. If lying down is not an option, the practices are as effective sitting.

...The 'How To' Series cont'd

Dates: Tuesday, October 5th, Wednesday
November 17th, Wednesday December 1st



Time: 7.00pm - 8.00pm



Cost: €15 each or the whole series for €40



Venue: via ZOOM

Booking: Via Eventbrite by searching “The Family Centre Castlebar” or phone The Family Centre on 094 9025900

Presenter: *Derval Dunford* - is a pioneer in the field of wellbeing. Derval Dunford guides in a gentle manner and makes the experience effortless. Her work has been endorsed by Medical and Complimentary Healthcare Professionals internationally. Derval's interest in well-being was inspired by her life challenges. She has a real passion for sharing the simple common-sense approach she has honed over years of training and practice. Derval, founder of Suí Mindfulness, qualified as a breath teacher she is also a qualified MBSR (Mindfulness Based Stress Reduction), Yoga Nidra (yogic sleep) teacher, and a certified HeartMath Breathwork Coach.

www.sui.ie

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 & Thursday November 10th,
11th, 17th & 18th.



Time: 8.00am - 10.00pm



Cost: €60



Venue: Mayo Education Centre, Castlebar F23 HX48

Booking: Via Eventbrite by searching “The Family Centre Castlebar” or phone The Family Centre on 094 9025900

Facilitator: *Benny McHale*

As part of Mayo Social Inclusion Week,
Flourish at the Family Centre presents

CONNECTING & RE-CONNECTING GETTING BACK OUT THERE!

A fun interactive morning with lots of information on what is available to us and how we can discover our interests and renew our energy.

Life teaches us every day that our most wonderful, inspiring, happy, sad, or funny, moments have to do with connecting with people in our lives and the communities around us.

What keeps us healthy, meaningful, and fulfilled in our life is not money, status but the quality of our social ties. Making an effort to nurture and strengthen your relationships with our selves and community will have the most impact on your life and the biggest return in happiness. We may have become a bit rusty at getting ourselves out there and coming out of our comfort zone and re connecting with our friends and community. This is an opportunity to explore the re kindling of this connection. This morning is open to all.

Dates: Thursday, 14th October



Time: 10.00am - 12.00pm



Cost: Free of charge



Venue: via ZOOM

Booking: Via Eventbrite by searching “The Family Centre Castlebar” or phone The Family Centre on 094 9025900

Facilitator: *Loretta Bracken* - Loretta is an accredited psychotherapist who works as a volunteer counsellor in the Family Centre. 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.



ARTS & WELLBEING WORKSHOP SERIES FOR ADULTS



The Linenhall Arts Centre and Flourish 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, poetry, 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, meeting experienced artists who will introduce you to poetry, visual art, music and more. 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.

Dates: Mondays November 1st, 8th, 15th, 22nd, 29th, & December 6th.



Time: 2.30pm - 4.00pm



Cost: €60



Venue: The workshop on Monday November 1st takes place at the Family Centre on Chapel Street, all other workshops take place at the Linenhall Arts Centre.

Booking: via Eventbrite by searching "The Family Centre Castlebar" or phone The Family Centre on 094 9025900

Facilitator: *Maura Horkan* - Maura Horkan, Project Worker & Various Artists from the Linenhall Arts Centre.

Note: As we go to print not all the artists have confirmed their availability. Keep an eye on our website, local media, and Facebook page for updates.

FROM CHAOS TO COMPASSION AND CARE

There is two opportunities to attend this course, online through Zoom and Face to Face at the Family Centre.

Through the use of mindfulness, this workshop invites participants to explore self-compassion and kindness in the midst of the ordinariness of the day.

Dates: Monday November 1st online through Zoom. Tuesday November 2nd Face to Face at the Family Centre.



Time: ZOOM - 7.30pm - 9.00pm
FACE TO FACE 7.30pm - 9.30pm



Cost: €15 for each course



Venue: Online via ZOOM on November 1st and The Family Centre on November 2nd

Booking: Via Eventbrite by searching “The Family Centre Castlebar” or phone The Family Centre on 094 9025900

Facilitator: *Dr. Ann Caulfield.* Ann is a long-time teacher of mindfulness, wellbeing and resilience. She has facilitated mindfulness courses to teachers, parents, children and organisations throughout the country and here in the Family Centre for many years.. Ann is an accomplished Life and Stress Reduction Coach, Group Facilitator and Trainer. Her doctoral research was on the topic of occupational stress and mindfulness. For more information on the presenter and courses visit: www.anncaulfield.com

AUTUMN / WINTER 2021

	DATE OF COMMENCEMENT	COURSE	VENUE	PAGE
September	September 6th	Mindful Mondays - Series 1	On ZOOM	4
	September 17th	The John Hoban Music Circle	On ZOOM	5
	September 21st	Suicide Bereavement Support Group	The Family Centre	28
	September 27th	Mindful Mondays - Series 2	On ZOOM	4
	September 27th	Revive & Thrive	Curam, Claremorris	6
	September 29th	Monthly Meditation Group - Wednesday	On ZOOM	30
	October 1st	The John Hoban Music Circle	Castlebar	5
	October 2nd	Assertiveness/Communications Course	The Family Centre	3
	October 5th	Time to Write with Flourish	On ZOOM	7
October	October 5th	Breathe Easy	On ZOOM	10
	October 5th	The How To Series - How to find Peace	ON ZOOM	11 & 12
	October 6th	Common Sense Parenting	The Family Centre	19
	October 12th	Helping my Child with Dyspraxia	On ZOOM - Mayo Ed.Centre	23
	October 13th	Legal Rights & Responsibilities of Unmarried Parents	On ZOOM	21
	October 13th	Understanding & Supporting a Child with Anxieties	On ZOOM - Evening	30
	October 14th	Getting Back Out There !	On ZOOM	13
	October 20th	Legal Rights & Responsibilities of Unmarried Parents - Professional Training	On ZOOM	24

	October 26th	Monthly Suicide Bereavement Support Group	The Family Centre	29
November	November 1st	From Chaos to Compassion & Care	On ZOOM	15
	November 1st	Mindful Mondays - Series 3	Castlebar Library	4
	November 1st	The Arts and Wellbeing Series x 6 weeks	Linenhall Arts Centre	14
	November 2nd	From Chaos to Compassion & Care	The Family Centre	15
	November 3rd	Discover Your Interests - 7 weeks	Castlebar Tennis Club	8
	November 4th	Older & Bolder x 4 weeks	On ZOOM	9
	November 5th	Ecumenical Prayer Service for those Bereaved by Suicide	Holy Rosary Church, Castlebar	29
	November 6th	Newer Theories on Grief in the Therapeutic Space	Mayo Education Centre, Castlebar	26
	November 10th	Enneagram Part1	Mayo Education Centre, Castlebar	12
	November 16th	Engaging young people on issue of alcohol,drugs & A.Behaviour	On ZOOM	22
	November 17th	The How To Series - How to Sleep	On ZOOM	11
	November 18th	Understanding & Supporting a Child with Anxieties	On ZOOM	20
	November 26th	Defences & Resistances	Mayo Education Centre, Castlebar	27
	December 1st	The How To Series-How to Relax	On ZOOM	11
December 3rd	The Art and Craft of Couple Therapy	Mayo Education Centre, Castlebar	25	
December 6th	Being Well - Being ME	ON ZOOM	18	
December 7th	Being Well - Being ME	The Family Centre	18	

BEING WELL - BEING ME

There is two opportunities to attend this course, online though Zoom and Face to Face at the Family Centre

This session will explore the gems and qualities that keep us healthy, resilient and well. This evening will focus on our own unique navigation of life and simple techniques for calm and resilience.

Dates: Monday December 6th online through Zoom Tuesday December 7th Face to Face at the Family Centre



Time: ZOOM - 7.30pm - 9.00pm
FACE TO FACE 7.30pm - 9.30pm



Cost: €15 for each course



Venue: Online via ZOOM on December 6th and The Family Centre on December 7th

Booking: Via Eventbrite by searching “The Family Centre Castlebar” or phone The Family Centre on 094 9025900

Facilitator: *Dr. Ann Caulfield.* Ann is a long-time teacher of mindfulness, wellbeing and resilience. She has facilitated mindfulness courses to teachers, parents, children and organisations throughout the country and here in the Family Centre for many years.. Ann is an accomplished Life and Stress Reduction Coach, Group Facilitator and Trainer. Her doctoral research was on the topic of occupational stress and mindfulness. For more information on the presenter and courses visit: www.anncaulfield.com



Family & Parenting

COMMON SENSE PARENTING

For Children attending Primary or Secondary School

We are running a 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/guardians equip themselves with the skills to manage challenging or difficult situations with their children as they grow up.

Covid Notice. We plan to re-introduce this course face to face in the Family Centre. We will be strictly following all current guidelines which means all participants will require to be fully vaccinated or have recovered from Covid in the previous 6 months. We will have reduced capacity so booking is essential.

Dates: Wednesday October 6th, 13th, 20th
November 3rd, 10th & 17th.



Time: 10.00am - 12.00pm



Cost: €20 (for the skill book)



Venue: The Family Centre, Castlebar

Booking: Via Eventbrite by searching “The Family Centre Castlebar” or phone The Family Centre on 094 9025900

Presenter: *Louise O'Malley & Michelle Reynolds* - Trained and Skilled Facilitators who are all employed by Foróige & funded by Tusla.

This programme is a joint initiative between The Family Centre and Foróige.



UNDERSTANDING & 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: Wednesday – October 13th
Evening Session



Time: 7.00pm - 9.00pm



Date: Thursday November 18th
Morning Session



Time: 10.00am - 12.00pm



Cost: €10



Venue: via ZOOM

Booking: Via Eventbrite by searching “The Family Centre Castlebar” or phone The Family Centre on 094 9025900

Facilitator: 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 and CAMHS Psychology Service.

LEGAL RIGHTS & RESPONSIBILITIES OF UNMARRIED PARENTS



family centre, chapel street, castlebar

This workshop is for parents who are not married to each other, and the aim of the workshop is to provide accurate and up to date information on their legal rights and responsibilities. The workshop outlines the legal situation of unmarried parents in relation to access, custody, guardianship, maintenance, birth registration, establishing paternity, passports, etc.

Dates: Wednesday 13th October



Time: 10.00am - 1.00pm



Cost: Free of charge



Venue: via ZOOM

Booking: Via Eventbrite by searching “The Family Centre Castlebar” or phone The Family Centre on 094 9025900

Facilitator: *Veronica Black* – Information & Training Officer with Treoir

Treoir is the National Specialist Information Service for unmarried parents and their children providing clear and up-to-date information free of charge to parents who are not married to each other and to those involved with them.



ENGAGING YOUNG PEOPLE AROUND THE ISSUE OF ALCOHOL, DRUGS AND ADDICTIVE BEHAVIOUR

This workshop will aim to increase understanding of why people use alcohol or drugs, the stages of use, forming habits and how we respond and cope with stresses and pressures. The impact of misuse on people's physical, mental, and emotional health as well as the impact on the whole family will be presented. It will explore attitudes and fears around this complex area and provide some practical tools to help engage and communicate with someone who you think may be using substances or experiencing behavioural addictions. Behaviours such as internet use, phone use and food will also be discussed. The workshop will finish with a self-care exercise.

This workshop is open to anyone in contact with young people and wants to increase their understanding of this current issue for many young people whether you're a professional, volunteer, teacher, student, community member or parent. All with interest – welcome.

Dates: Tuesday November 16th



Time: 11.00am - 1.00pm



Cost: Free of charge



Venue: via ZOOM

Booking: Via Eventbrite by searching “The Family Centre Castlebar” or phone The Family Centre on 094 9025900

Presenter: Mags Dillon is an accredited Addiction Counsellor, addiction supervisor and coordinates Mayo Drug & Alcohol Family Support. She has over 15 years' experience working holistically with families and young people with addiction and mental health across Galway, Limerick, and Mayo. She is very passionate about supporting people to improve their health and well-being and motivating individuals to reach their full potential. Mags has an MA in Health Promotion and degrees in Addiction, Psychology and Philosophy as well as professional qualifications in Health & Fitness, Mindfulness and Supervision.

The Family Centre is offering this course in collaboration with Mayo Drugs & Alcohol Family Support as part Alcohol Awareness Week



HELPING MY CHILD WITH DYSPRAXIA/DCD

This webinar looks to provide families of children with Dyspraxia/DCD with strategies



and suggestions on areas in which they can help their child at home. This webinar aims to cover areas such as the uniqueness of each child with Dyspraxia/DCD, helping your child find their niche, working on functional life skills, strategies for organisational and planning and helping your child day to day.

Learning objectives

By the end of the webinar:

- Participants will have a greater understanding of Dyspraxia/DCD and the primary and secondary impacts it may have on their child, including physical and psychosocial impacts
- Participants will appreciate the importance of providing opportunities for success in the home
- Participants will have developed tools to help meet their child's needs through functional, fun, and inclusive activities in the home
- Participants will have a knowledge of a number of strategies and teaching techniques to aid their child with develop life skills to work towards future independence.

Dates: Tuesday 12th October 2021



Time: 7pm – 8pm



Facilitator: Stephen Hodnett

Book your place for this webinar by logging onto our website: www.MayoEducationCentre.ie

Successful registrants will be emailed with a zoom code in advance of the webinar

Professional Training

LEGAL RIGHTS AND RESPONSIBILITIES OF UNMARRIED PARENTS



This workshop is for professionals or anyone who is working with and supporting unmarried parents. The aim of the workshop is to provide accurate and up to date information on the legal rights and responsibilities of parents who are not married to each other. The workshop outlines the legal situation of unmarried parents in relation to access, custody, guardianship, maintenance, birth registration, establishing paternity, passports, etc.

Dates: Wednesday 20th October



Time: 10am – 1pm



Cost: Free of charge



Venue: via Zoom

Booking: Via Eventbrite by searching “The Family Centre Castlebar” or phone The Family Centre on 094 9025900

Facilitator: Veronica Black – Information/Training officer with Treoir. Treoir is the National Specialist Information Service for unmarried parents and their children providing clear and up-to-date information **free of charge** to parents who are not married to each other and to those involved with them.



THE ART AND CRAFT OF COUPLE 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 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
- Passive Aggressive-Dependent Relationships
- Narcissistic Abuse

Dates: Friday December 3rd



Time: 10am - 4.00pm



Cost: €80



Venue: Mayo Education Centre, Castlebar F23 HX48

Booking: Via Eventbrite by searching "The Family Centre Castlebar" or phone The Family Centre on 094 9025900

Presenter: Dr. Colm O'Connor is a Registered Clinical Psychologist & Psychotherapist with Psychological Society of Ireland since 1990 and a Registered Family Therapist and Supervisor with Family Therapy Association of Ireland since 1992. He is the author of three books published by Gill & McMillan titled: 'The Courage to Be Happy' (2010) which summarizes research and findings on happiness and well-being. 'The Courage to Love' (2012), which outlines the main issues affecting couple's relationships. 'The Awakening' (2015) on the role of imagination in psychological life. He has been working full time as a Clinical Psychologist and Marriage & Family Therapist for the past 30 years having completed HIS post-graduate training in both Ireland and the US. He is the former Clinical Director of the Cork Marriage/Family Counselling Centre where he was based on 1990 until 2018. He is now in full-time private practice as marriage, family, and child therapist and complete a lot of family assessment for the family courts. He was founder of the Cork Domestic Violence Project in 1992 and co-founder of the Association of Agency Based Counselling in Ireland in 2008.

BEYOND PHASES STAGES AND TASKS

WORKING WITH NEWER THEORIES ON GRIEF IN THE THERAPEUTIC SPACE

By the end of the workshop, participants will have greater knowledge of the current thinking on grief and its impact on individuals. In addition, they will be able to:

1. apply the principles of contemporary theory to practice
2. establish whether the client's grief is disenfranchised and how to support it in therapy
3. identify the grieving style of their client(s) and the appropriate support required
4. establish whether the client may be at risk of Prolonged Grief Disorder/Complicated Grief.

The aims of this workshop are as follows.

To enhance the theoretical knowledge of participants when working with grief beyond the phase, stage, and task models

To gain a working knowledge of more modern theories such as The Dual Process Model (Stroebe & Schut), Continuing Bonds (Klass & Silverman), Meaning Making (Neimeyer) as well as the defining and working with Disenfranchised Grief (Doka) which is often presented in therapy.

To identify the adaptive grieving styles that may present and to provide the appropriate support to clients according to the needs of these styles.

To provide information on when grief is at risk of becoming problematic and/or when a client may have developed a Prolonged Grief Disorder/Complicated Grief.

This workshop will initially briefly review the approaches of the Stage Model (Kübler Ross) and other phase, stage, and task models (Bowlby, Rando, and Worden). The Dual Process Model (Stroebe & Schut), Continuing Bonds (Klass & Silverman), Meaning Making (Neimeyer) will be outlined as well as defining and working with Disenfranchised Grief (Doka) which is often presented in individual and couple therapy.

Attig (2004) emphasises the right of a person to grieve in a manner that is free from interference from others and without obligation to do so in a particular way. How someone grieves becomes disenfranchised when their style of grieving clashes with the expectations of others. Moreover, disenfranchisement could be viewed as a failure of empathy (Neimeyer & Jordan, 2002). This raises concern from an ethical perspective for psychotherapists in Ireland whose code of ethics includes a clause outlining an ethical responsibility to do no harm (IACP, 2005; IAHIP, 2005).

Unfortunately, there is still a western bias in counselling/ psychotherapy to value affective expressiveness as inherently more therapeutic than cognitive or behavioural responses (Martin & Doka, 2010). This identifies a risk factor for disenfranchising clients if the psychotherapist does not recognise other adaptive styles.

Dates: Saturday November 6th



Time: 9am - 3pm



Cost: €80



Venue: Mayo Education Centre, Castlebar F23 HX 48

Booking: Via Eventbrite by searching “The Family Centre Castlebar” or phone The Family Centre on 094 9025900

Presenter: Lisa O’Hara. As a graduate from RCSI with an MSc in Bereavement Studies, Lisa works with clients (couples as well as individuals) who are struggling to come to terms with loss that can range from bereavement (including infant loss), separation and divorce, illness, job, and role loss, through to ageing and retirement, etc. As an experienced therapist, she has also created and delivered training and development programmes for both professionals and the general public. She has a particular interest in grief and loss that is arguably the cornerstone of all therapy.

A regular media contributor, Lisa is the author of *‘When A Relationship Ends – Surviving the Emotional Rollercoaster of Separation’* (Orpen Press) that addresses the fallout of separation and provides a useful guide for picking up the pieces and moving on.

DEFENCES & RESISTENCES

An exploration of how people defend and resist in therapy or in any helping situation despite seemingly requesting and needing help, we would also explore defences and resistances to change in ourselves.

Dates: Friday, November 26th



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



Cost: €80



Venue: Mayo Education Centre, Castlebar F23 HX48

Booking: Via Eventbrite by searching “The Family Centre Castlebar” or phone The Family Centre on 094 9025900

Presenter: 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.

Loss & Bereavement

SUICIDE BEREAVEMENT SUPPORT GROUP

The Family Centre will offer a 4-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.

Covid Notice. We plan to re-introduce this support group face to face in the Family Centre. We will be strictly following all current guidelines which means all participating will require to be fully vaccinated or have recovered from Covid in the previous 6 months. We will have reduced capacity so booking is essential.

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

Dates: Tuesdays – September 21st, 28th.
October 4th, 11th, & 19th.



Time: 7.00pm – 9.00 p.m.



Cost: Donation



Venue: The Family Centre, Castlebar

Facilitators: Fiona Thomas & Paula Sheridan

THE RAINBOWS PROGRAMME - UPDATE -

Since March 2020 we have been unable to run the Rainbows Programme. We are acutely aware of the need to respond to those already waiting for the Rainbows programme to return and those looking for the service. The Family Centre is trying to do everything in its power to have the programme up and running as soon as possible. Please keep an eye on our website, local papers, and Facebook for updates.

If you are looking for the service, please contact the centre and we will take some details. If you have already given your details and waiting, we will be in touch as soon as we have a date to run the 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 to eighteen years of age. The Family centre currently facilitates children from 7 to 13 years.

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: Tuesday evenings, October 26th,
November 30th, December 14th



Time: 7.00pm – 9.00 p.m.



Cost: Donation



Venue: The Family Centre, Castlebar

Facilitators: Fiona Thomas & Paula Sheridan

Contact: Fiona Thomas Counsellor at the Centre prior to booking

ECUMENICAL PRAYER SERVICE FOR THOSE BEREAVED BY SUICIDE

This is an opportunity for members of the community to support those families in our midst that have been bereaved through the death of somebody they loved through suicide. It is also a time for families to remember their loved ones and commemorate their lives. There will be light refreshments following the service.

Dates: Friday November 5th



Time: 7.30pm



Venue: Church of the Holy Rosary, Chapel St., Castlebar

Faith & Spirituality

MONTHLY MEDITATION GROUP

This will be offered on the last Wednesday of each month from September. Using audio visual aids, it will include teaching on Meditation/Centering Prayer

Dates: Wednesday, September 29th.
October 27th, November 24th.



Time: 7.30pm – 8.30pm



Cost: Free of Charge



Venue: via Zoom

Booking: Via Eventbrite by searching “The Family Centre Castlebar” or phone The Family Centre on 094 9025900

Facilitator: 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.

Family Centre, Castlebar in Action



Delivering counselling + a range of services
for the people of Mayo + surrounding areas


The total number of people we have supported across our
services between 2018 -2020 is **6.156**
which include

1.470 attended our counselling service
242 supported through The Mayo Suicide Bereavement Liaison Service
3.861 availed of our educational & training programmes

Help us continue to deliver
We must raise much needed funds
to keep our services going

How can you help?

 Give a once off donation through I Donate on www.thefamilycentre.com

 Ring the FC on 094 - 9025900 and donate using your card

 Call into the F.C. Centre on Chapel Street, Castlebar

 A cheque payable to Family Life Services

 Set up a monthly direct debit



Follow us

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 @thefamilycentrecastlebar

Registered Charity CHY 15845

 094-9025900

 info@thefamilycentre.com

 www.thefamilycentre.com

 The Family Centre, Upper Chapel
St., Castlebar, Co. Mayo, F23 PH39



family centre, chapel street, castlebar

Details of our courses and support services are always available on our website:

www.thefamilycentre.com

- Counselling- Individual/Marital/Family
- Flourish-Social Prescribing Service
- Mayo Suicide Liaison Bereavement Service (MSBLS)
- Mediation
- Support Groups
- Bereavement Care
- Spiritual Guidance
- Rainbows
- Education & Training Programmes
- Free Legal Advice

SUGGESTIONS

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.

Telephone: 094 - 9025900

E-mail: info@thefamilycentre.com

Website: www.thefamilycentre.com



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