



family centre, chapel street, castlebar

family life services
cúram clainne
archdiocese of tuam
www.thefamilycentre.com
info@thefamilycentre.com

family centre

Autumn/Winter 2021

contact details

family centre,
chapel street,
castlebar,
co. mayo.
tel: 094-9025900
monday - friday
9.30 a.m. - 1.00 p.m.
2.00 p.m. - 5.30 p.m.

Personal Development

ASSERTIVENESS/COMMUNICATIONS COURSE

Dates: Saturday October 16th & 23rd
Time: 10 a.m – 4.00 p.m.
Venue: Family Centre, Castlebar
Cost: €50

MINDFUL MONDAY'S 2021

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
Time: 10.30 a.m – 11.10 a.m.
Venue: Zoom online sessions & Castlebar Library from November
Cost: Donation

THE JOHN HOBAN MUSIC CIRCLE

Dates: These sessions on ZOOM will run from 8pm to 9pm and begin on Friday Sept 17th, October 15th, November 12th & December 10th. The FACE-TO-FACE sessions will be held in Castlebar and run from 8pm - 9.30pm on October 1st & 29th, November 26th.
Cost: Donation

REVIVE AND THRIVE

Dates: Monday's September 27th, October 4th, 11th & 18th.
Time: 2.00 p.m – 4.00 p.m.
Venue: Cúram Centre, Claremorris
Cost: Free of Charge

TIME TO WRITE WITH FLOURISH

Dates: Tuesday's October 5th, 12th, 19th, 26th.
Time: 2.30 p.m – 4.00 p.m.
Venue: via ZOOM
Cost: €30

STEPPING INTO OUR COMMUNITY WITH FLOURISH & RE-DISCOVER YOUR INTERESTS

Dates: Wednesday's November 3rd, 10th, 17th, 24th.
Time: 10.00 a.m – 12.00 p.m.
Venue: Tennis Club, Castlebar
Cost: €50

OLDER AND BOLDER

Dates: Thursday's November 4th, 11th, 18th, 25th.
Time: 10.00 a.m – 12.00 p.m.
Venue: via ZOOM
Cost: €30

BREATH EASY WITH FLOURISH

Dates: Tuesday's October 5th, 12th, 19th, 26th.
Time: 6.00 p.m – 7.00 p.m.
Venue: via ZOOM
Cost: €20

THE 'HOW TO' SERIES

How To Find Peace: Tuesday October 5th
How To Sleep: Wednesday November 17th
How To Relax: Wednesday December 1st
Times: 7.00 p.m – 8.00 p.m.
Venue: via ZOOM
Cost: €15 each or whole series for €40

ENNEAGRAM PROGRAMME - PART 1

Dates: Wednesday & Thursday November 10th, 11th, 17th & 18th.
Time: 8.00 p.m – 10.00 p.m.
Venue: Mayo Education Centre Castlebar
Cost: €60

Personal Development

CONNECTING AND RE-CONNECTING GETTING BACK OUT THERE!

Dates: Thursday 14th October.
Time: 10.00 a.m – 12.00 p.m.
Venue: via ZOOM
Cost: Free of Charge

ARTS & WELLBEING WORKSHOP SERIES FOR ADULTS

Dates: Monday's November 1st, 8th, 15th, 22nd, 29th
December 6th.
Time: 2.30 p.m – 4.00 p.m.
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.
Cost: €60

FROM CHAOS TO COMPASSION AND CARE

Dates: Monday November 1st online through ZOOM. Tuesday November 2nd Face to Face at the Family Centre.
Time: 7.30 p.m - 9.00 p.m. - ZOOM
7.30 p.m - 9.30 p.m. - FACE TO FACE
Venue: Online via ZOOM and The Family Centre.
Cost: €15 for each course.

BEING WELL BEING 'ME'

Dates: Monday December 6th online through ZOOM. Tuesday December 7th Face to Face at the Family Centre.
Time: 7.30 p.m - 9.00 p.m. - ZOOM
7.30 p.m - 9.30 p.m. - FACE TO FACE
Venue: Online via ZOOM and The Family Centre.
Cost: €15 for each course.

Family and Parenting

COMMON SENSE PARENTING

Dates: Wednesday October 6th, 13th, 20th.
November 3rd, 10th & 17th.
Time: 10.00 a.m – 12.00 p.m.
Venue: via ZOOM
Cost: €20 for the skill book

UNDERSTANDING & SUPPORTING A CHILD WITH ANXIETIES

Dates: Wednesday October 13th - Evening Session
7.00 p.m - 9.00 p.m.
Thursday November 18th - Morning Session
10.00 a.m - 12.00 p.m.
Venue: via ZOOM
Cost: €10

LEGAL RIGHTS & RESPONSIBILITIES OF UNMARRIED PARENTS - A COURSE FOR UNMARRIED PARENTS

Dates: Wednesday October 13th.
Time: 10.00 a.m – 1.00 p.m.
Venue: via ZOOM
Cost: Free of Charge

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

Dates: Tuesday November 16th
Times: 11.00 a.m - 1.00 p.m.
Venue: via ZOOM
Cost: Free of Charge

HELPING MY CHILD WITH DYSPRAXIA/DCD

Dates: Tuesday October 12th.
Time: 7.00 p.m – 8.00 p.m.
Venue: Online Webinar. Book at: www.mayoeducationcentre.ie
Cost: Free of Charge

Professional Training

LEGAL RIGHTS & RESPONSIBILITIES OF UNMARRIED PARENTS - FOR PROFESSIONALS OR THOSE WORKING WITH UNMARRIED PARENTS

Dates: Wednesday October 20th.
Time: 10.00 a.m – 1.00 p.m.
Venue: via ZOOM
Cost: Free of Charge

THE ART AND CRAFT OF COUPLE THERAPY

Dates: Friday December 3rd.
Time: 10.00 a.m – 4.00 p.m.
Venue: Mayo Education Centre, Castlebar
Cost: €80

WORKING WITH NEWER THEORIES OF GRIEF IN THE THERAPEUTIC SPACE

Dates: Saturday November 6th.
Time: 9.00 a.m – 3.00 p.m.
Venue: Mayo Education Centre, Castlebar
Cost: €80

DEFENCES & RESISTENCES

Dates: Friday November 26th.
Time: 10.00 a.m – 4.00 p.m.
Venue: Mayo Education Centre, Castlebar
Cost: €80

Loss & Bereavement

SUICIDE BEREAVEMENT SUPPORT GROUP

Dates: Tuesday's September 21st, 28th. October 4th, 11th & 19.
Time: 10.00 a.m – 4.00 p.m.
Venue: The Family Centre, Castlebar
Cost: Donation

MONTHLY SUICIDE BEREAVEMENT SUPPORT GROUP

Dates: Tuesday's October 26th, November 30th & December 14th.
Time: 7.00 p.m – 9.00 p.m.
Venue: The Family Centre, Castlebar
Cost: Donation

ECUMENICAL PRAYER SERVICE FOR THOSE BEREAVED BY SUICIDE

Dates: Friday November 5th.
Time: 7.30 p.m
Venue: Church of The Holy Rosary, Castlebar

Faith & Spirituality

MONTHLY MEDITATION GROUP

Dates: Wednesday, September 29th. October 27th, November 24th.
Time: 7.30 p.m – 8.30 p.m.
Venue: via ZOOM
Cost: Free of Charge

Booking for all courses essential through Eventbrite or 094 9025900 and pay by card or Email: info@thefamilycentre.com



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Family Centre, Chapel Street, Castlebar.

Tel: 094-9025900 E-mail: info@thefamilycentre.com Website: www.thefamilycentre.com • EARLY BOOKING ESSENTIAL •

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