



Primary Care Centre, Church
Ave, Tullamore, Co, Offaly



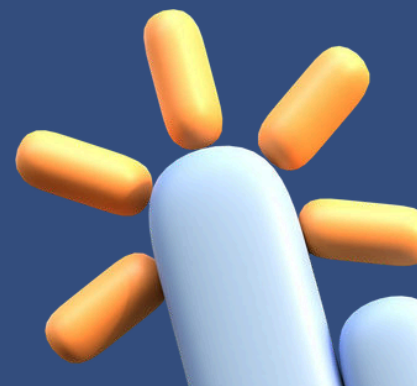
086 0487464 Niamh
057 93 19280 Fidelma



cypsc.laoisoffaly@tusla.ie
[Niamh Dowler & Fidelma Grennan](#)



THANK YOU FOR
JOINING US TODAY



Click on the images
inside to go directly
to web links

Guest Speaker
Dr. Jane Mulcahy
the Science of Intergenerational Trauma

Explore the transmission of trauma through generations, from brain development to attachment formation during childhood. We will also consider how these mechanisms intersect with adverse childhood and community experiences, alongside the impact of large-scale historical, racial and cultural traumas.

healing intergenerational trauma through
 compassionate understanding

Jane Mulcahy PhD is researcher and activist, with extensive research experience on prison, Probation, law, human rights and trauma. She has worked as a researcher in the area of criminal justice, penal policy and social justice since 2005 and is currently a Research Fellow with the Research Evidence into the Policy, Programmes and Practice (REPPP) team at the University of Limerick. Jane has also spoken before the UN Committee against Torture on human rights issues in prison, the Justice Sub-Committee on Penal Reform on proposed bail reform, at the Fair Trials' Expert Seminar on Pre-trial Detention in London and the Bail and Jail event at Harvard Law. Her podcast 'Law and Justice' won a Justice Media Award for her documentary series on 'Humanising Human Rights' in 2017

Schedule for the Services to Services day

9:00 AM –Registration & morning tea & coffee and Services information sharing

9.30 AM- Networking & Stands engagement

10.00 AM -Setting the context Joan Bolger Portlaoise FRC & CYPSC Subgroup

10.02 AM – Opening address Robert O'Connor Area Manager Tusla Laois & Offaly

10:10 AM – Icebreaker Activity Deirdre Cahir and Carol Faulkner Barnardos

10.20 AM Grounding exercise Qigong Gerard Leijen

10:30 AM –Spotlight sessions Niamh Dowler CYPSC

- | | |
|---|----------------------------------|
| 1. St. Mary's Youth Centre | Stephen Lawlor |
| 2. Laois and Offaly libraries | Sarah D'arcy & Suzanne Carroll |
| 3. Offaly Domestic Violence Support Service | Edel Coffey |
| 4. Tusla Integrated Front Door | Sarah Blake & Kathleen Mullarkey |
| 5. Volunteer Centres | Deirdre Fox |

11:00 AM – Morning break and chats at the stands

- o Refreshments (tea and coffee) with opportunities for informal networking.

11.30-12.40M Key Topic Zones Caroline Lydon Connects Laois

- Midland Regional Drugs & Alcohol Taskforce -Antoinette Kinsella Co-ordinator
- CADS Regional Manager, Addiction Services – Midlands Area Fran Byrne
- Sports Partnerships - Catriona Slattery Laois & Liam Moran Offaly
- NEPS – Aileen Corbett Senior Educational Psychologist
- NCSE – Mairead Penny Special Educational Needs Organiser
- An Garda Siochana Laois Offaly Divisional Protective Services Unit

~~Det. Sgt.~~ Karen Reilly

12:40 PM – World CAFÉ Niamh & Louise

01:00 PM – Lunch Catering served directly to the tables

01:45 PM – Outdoor chill time

2.00 PM – Guest Speaker presentation Dr. Jane Mulcahy

- o The Science of Intergenerational trauma with brief q & a after the talk.

03:00 PM – Staff Wellbeing Session Louise Larkin Offaly Local Development Company

- o Workplace wellbeing facilitated self-care, and professional resilience

3.30 PM Group energiser Drumming or

3- 4 PM Interactive Sports wall training for 20 participants

4:00 PM – Event conclusion

Youth and
Family Services

Open Up

Laois



The complete guide to
Youth & Family Services
in Laois

www.openuplaois.ie



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Rialtas na hÉireann
Government of Ireland



government supporting communities



Local Voice



Youth and
Family Services

Open Up

Offaly



The complete guide to
Youth & Family Services
in Offaly

www.openupoffaly.ie



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Rialtas na hÉireann
Government of Ireland



government supporting communities



Local Voice





Parent Hub
Laois Offaly

Laois Offaly Parent Hub

connecting you to
supports for parents

Contact us: 086 060 0611

Email: laoisoffalyparenthub@barnardos.ie

Web: www.open-up.ie/parenthub

Community
events

What's
on in
your
area?

Parent
peer
groups

Teen and
Children's
activities


Barnardos
Because childhood lasts a lifetime



TUSLA
At Children's Health we
Learn again and Teach
Child and Family Agency



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Parent Hub
Laois Offaly

Laois Offaly Parent Hub

PROGRAMMES FOR PARENTS



ENQUIRE or register for
Parent Programmes by
clicking the image above



An Roinn Oideachais
agus Óige
Department of Education
and Youth

An tSeirbhís Náisiúnta
Síceolaíochta Oideachais
National Educational
Psychological Service

NEPS Resources

NEPS Padlet: which outlines a range of Support and Development Opportunities for School Staff:
Click : [NEPS Support and Development Padlet for School Staff](#)

NEPS Resources and Publications: [National Educational Psychological Service \(NEPS\) resources and publications](#)

FROM BIRTH TO FIVE

**WHAT EVERY PARENT SHOULD
KNOW ABOUT DEVELOPMENT**

Join Dr. Malie Coyne, Clinical Psychologist, Author, and Parent, for a practical talk on helping children aged 0-5 flourish. Learn about key milestones, early signs of developmental differences, and how emotional regulation, attachment, and “good enough” parenting support thriving.



PORTLAOISE LIBRARY



WEDNESDAY, OCTOBER 14TH



10AM

Laois County
Library Service



at Your Library



Ask the Experts

Family Health Questions
Answered for Parents
and Caregivers



09:30 AM - 12:00 PM
19 October 2026
Charleville Centre, Tullamore



Louise Larkin
SICAP Manager
OLDL



Leona McManus
Clinical Manager
Jigsaw Laois Offaly



Karen Boylan
Development Officer
Mental Health Ireland



Therese Glennon
Access Officer
LOETB



Talent Nyamakope
Health Literacy Lead
Adult Literacy for Life



Domhnall McGlacken Byrne
Registrar of Public
Health



Anthony Tighe
An Garda Síochána

Facilitator: Louise Larkin, OLDL

Information stands from Offaly Local Development Company, Barnardos, Laois Offaly Parents Hub, Parents First, Offaly Domestic Violence, HSE, LOETB, An Garda Síochána, Offaly Traveller Movement, CYPSC, Offaly Libraries, Jigsaw and Mental Health Ireland.

To Register:

Call 057 862 2333 or Scan the QR Code here



Ask the Experts

Family Health Questions
Answered for Parents
and Caregivers



09:30 AM - 12:00 PM
16 October 2026
Portarlington Community Centre



Tamara Latham
Adult Literacy
Organiser, LOETB



Therese Glennon
Access Officer
LOETB



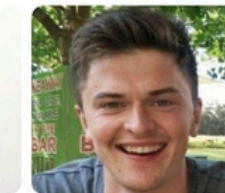
Brian Farrell
An Garda Síochána



Leona McManus
Clinical Manager
Jigsaw Laois Offaly



Talent Nyamakope
Health Literacy Lead,
Adult Literacy for Life



Domhnall McGlacken Byrne
Registrar of Public
Health



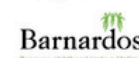
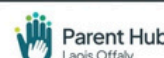
Tanya Dempsey
Empowerment Coach
Mental Health Ireland

Facilitator: Tamara Latham, LOETB

Information stands from Offaly Local Development Company, Barnardos, Laois Offaly Parents Hub, Parents First, Laois Domestic Violence, HSE, LOETB, An Garda Síochána, Laois Traveler Action Group, CYPSC, Laois Libraries, Jigsaw and Mental Health Ireland.

To Register:

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An Chomhairle Náisiúnta
um Oideachas Speisialta
National Council
for Special Education

Laois

Mairead Penny -
mairead.penny@ncse.ie

Denika McClean -
denika.mcclean@ncse.ie

Offaly

Nicola Keenaghan -
nicola.keenaghan@ncse.ie

Deirdre Kirwan -
deirdre.kirwan@ncse.ie

A Regulation-First Approach to
Reframing Behaviour and
Supporting Student Engagement
and Participation



Offaly Primary Care
Speech and Language Therapy Department

Drop-In Clinic

**Are you worried about your child's talking
or communication?**

Come for a chat with a Speech and Language Therapist -
we will advise and support you with
tips and ideas on how to help your child's
speech and language development at home.



Location:
Family Resource Centre
Arden View, Tullamore
Time: 9:30-11:30
(1st Tuesday of every month)



What's involved?

A 15 minute chat with a Speech and Language Therapist
while your child plays.

Please contact **057 93 19598** if you have any
questions about this Drop In Clinic



In partnership with
TalkingBuddies

[talkingbuddies.ie](https://www.instagram.com/talkingbuddies.ie)

talkingbuddieslaoisoffaly@hse.ie



Baby Café

Welcoming Parents & Little Ones

A friendly group for Parents and babies

0-12 months

10.15AM until 11.30AM

- Every Tuesday -
- Tullamore Library -

Book a place with Dolores 0861959221



 community families

Ethnic minority and migrant women pop-up-social

TULLAMORE LIBRARY
O'CONNOR SQUARE

THURSDAY THE 8TH OCTOBER 2026

10AM - 12PM

Make new
connections!
bring your
friends!

coffee/tea/treats/information
contact Anna 0860418948 for more
information





Browse Our Family Learning Courses

Free, fun, relaxed courses for you and your family

1 All Parents and Caregivers

- Supporting Dyslexia at Home
- English for Parents
- Maths for Parents
- Computer Skills and Technology
- Money and Budgeting
- Our Health Matters

3 Primary School (Ages 5-12)

- Getting Ready for Primary School
- Helping with Homework
- Fun Science, Nature and Gardening
- Family Cookery
- Arts, Crafts and Family Sewing

2 Early Years (Ages 0-4)

- Parent and Toddler Group Fun
- Hug Your Book
- Story Sacks
- Breakfast Buddies

4 Secondary School (Ages 12+)

- Settling into Secondary School
- Protecting Your Child Online
- Cookery
- Arts, Crafts and Family Sewing

To find out more about courses in your area, contact us on:

☎ 057 866 1338

✉ learninghub@loetb.ie



**Portlaoise
Family Resource
Centre**

Supporting Families
Building Stronger Communities

TÚSLA

Child and Family Agency
Gníomhaireacht na Leanaí
agus na Teaghlach

Parenting When Separated Course

**A Practical and Positive Evidence Based Course
for parents who are preparing for, going through
or have gone through separation or divorce**



- ✓ Build confidence
- ✓ Develop positive parenting strategies
- ✓ Support your child's wellbeing
- ✓ Learn from others in a safe and supportive environment



**Starting
Friday 9th October**



**Time
10am to 12 noon**



Limited Places



Free of Charge



**Call Joan on 087 9171359
to book**



**Facilitators
Joan Bolger and
Audrey O'Reilly**

*Because your child's wellbeing
matters*



Parent Talk Series

Parent Teen Conflict Causes and Solutions



Speaker:

Ruth Miller

Child and Adult Psychotherapist



When:

Wednesday 14th October



Time:

6.30pm to 8pm



Where:

Portlaoise FRC,
Treo Nua Community Centre,
Harpurs Lane, Portlaoise
R32C7DD

Practical advice
and support for
stronger relationships
with your teenager.



Book Your Place:

Joan on 0879171359



Cost:

5 Euro

All Parents Welcome



Portlaoise
Family Resource Centre
Supporting Families • Building Communities



By

Dr. Marese Murphy

MB BAO BCH (Hons), MRSI, MICGP

Marese is a GP specialising
in Women's Health including
contraception and menopause
management.

Perimenopause & Menopause Talk and Q&A

A must hear for women of all ages –
Get factual information and
management solutions



Date:

Tuesday 20th October



Time:

10 am to 11.30am



Call to book you place today:

0879171359



Email:

info@portlaoisefrc.ie





Libraries

Comhairle Chontae Uíbh Pháilí
Offaly County Council



Laois County
Library Service



PARENTING SUPPORT PROGRAMME

CHILDCARE SUPPORTS FOR PARENTS

DISCOVER SUPPORTS

AVAILABLE TO PARENTS

TULLAMORE LIBRARY

Thursday, 8th October, 6.30pm



Offaly County
Childcare Committee

2026

TODDLERS & TEAS
Toddler Group
A fun, friendly morning for toddlers and their grown-ups!

Play
Learn
Make Friends
Grow

MYRC
Resource Centre

Every
Wednesday
morning

10:00am -
11:30am

MDA Building,
Green Room,
Mountmellick

Starting
16th September
2026

Spaces currently available!

How it helps with 5 key
development areas for your child

- Physical Development**
Builds strength, coordination, balance and fine motor skills through play and movement.
- Cognitive Development**
Encourages curiosity, problem solving, creativity and early learning skills.
- Communication & Language**
Builds vocabulary, listening skills and confidence in expressing themselves.
- Social & Emotional Development**
Helps them make friends, build confidence and learn to manage feelings.
- Self-Help & Independence**
Supports everyday skills like sharing, turn-taking, getting dressed and building confidence.

Come along for play, fun, chats and making new friends!

Contact Sarah on 087 3506

#ChildrenGrieveToo

**Bereaved
Children's
Awareness
Week**

Tuesday,
November 18
7:30pm - 9pm

Join us online...

Supporting Bereaved Children:
An Open Evening for Parents & Carers

 **The Irish Childhood
Bereavement Network**

 **Irish Hospice
Foundation**

Supported by **TUSLA**

#BCAW2025



**Laois Domestic
Abuse Service**
FOR WOMEN AND CHILDREN

PLEASE JOIN US FOR

Laois Domestic Abuse Service Open Morning

An opportunity to meet our team, learn about the services we provide, explore collaboration opportunities and network with other local services, organisations and community groups.



**Friday
16 October 2026**



**8:30am -
11:30am**



**Laois Domestic
Abuse Service**
Mountrath Road
Portlaoise, Co. Laois
R32 KX8E



Refreshments
will be provided throughout the morning.



RSVP is necessary.
Please confirm your attendance to
dawn@laoisdomesticabuseservice.ie

This event is for:

Professionals working or volunteering in services, organisations, community groups, therapists and businesses across Laois.

*Safer
Stronger
Together*





DAD'S GROUP
STARTING THURSDAY 17TH SEPTEMBER
10AM - 12 NOON

 **Portlaoise Family Resource Centre,**
Treo Nua Centre,
Harpurs Lane,
Portlaoise
R32 C7DD

The group is to support dads in their parental role and life as a parent, in a welcoming, non judgemental environment.

 *Tea, Coffee and a Chat.*

FACILITATORS:
Rory and Joan
We look forward to welcoming you!

- ♥ A space to connect with other dads
- ♥ Share experiences and support each other
- ♥ Strengthen your role and confidence as a dad
- ♥ Because strong dads make a strong family

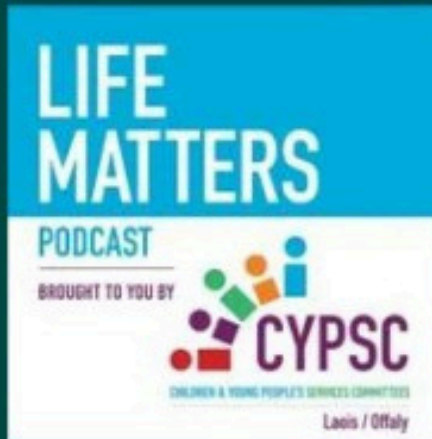
TO BOOK A PLACE CONTACT:  **Joan on 087 917 1359** |  **or email director@portlaoisefrc.ie**

Guide to Supports and Services
for Children and Young People
with Disabilities
in Laois and Offaly



Scan Me
to view
guide





NEW EPISODES 7 & 8 ON

Attachment theory and
why early child parent
relationships matter

on the

CYPSC Life matters podcast

Featuring Dolores Wrafter Parents First Laois Offaly



SCAN ME

Planning group for today's event:

Louise Larkin OLDC, Joan Bolger Portlaoise FRC,
Offaly Sports Partnership SIDO, Laois Sports
Partnership ESF + Sports for Empowerment worker,
Deirdre Fox Offaly Volunteer Centre, Deirdre Cahir
Barnardos, Fidelma Grennan CYPSC, Antoinette
Kinsella MRDATF with support from

the Laois Offaly CYPSC Safe and protected from
harm subgroup, CFSN's,

and thank you to all the CYPSC subgroup members
and Committee for their ongoing commitment to
collaboration and to You who joined us here today.

