



Sláintecare.
**Healthy
Communities**

Everyday parenting for every parent

Free 6 week parenting sessions
in your local community

Boost your skills with practical advice



Better
bedtimes



Managing
screen time



Mealtimes
made easy



Simpler
shopping trips



Challenging
chats



Understanding
emotions



Join us

Starting Soon , running in DFC Oakfield Clondalkin Village & Balgaddy Child & Family Centre

Places are Free, contact carol@deansrathfamilycentre.ie or 01 4574069 for your place

Enjoy a coffee, chat & support with other Parents & 2 Facilitators in the Group



Riailtas na hÉireann
Government of Ireland



Riailtas Áitiúil Éireann
Local Government Ireland