

I am Baba

A fantastic experience for any baby 0-12 months.

ANNA NEWELL & THE CIVIC PRESENT

I AM BABA

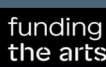
A magical adventure for babies aged 0-12 months and their adults



CAVAN COUNTY LOCAL DEVELOPMENT
UNIT 6A, CORLURGAN BUSINESS PARK
BALLINAGH ROAD
CAVAN

Thursday 7th October - 10am, 11am and 12pm

For further details and bookings visit -Eventbrite



This is a **FREE** Event but booking is **Essential**

Places are limited to 6 adults and 6 infants per show

I AM BABA is a theatre adventure for babies created by internationally renowned theatre director Anna Newell (www.annanewell.ie) and composer David Goodall. Their shows for early years have been seen on six continents, off-Broadway and in every single Sure Start in Belfast.

I AM BABA is a magical adventure of song, lights and textures for babies aged 0-12 months. It's a show about identity, agency and personhood. For babies.

I AM BABA is comprised of gorgeous live harmony singing and playful objects – jellyfish-like scarves dance and tiny lights fly in this intimate immersive performance which happens inside a specially designed tent that holds just 6 babies – each with their adult guest.

20 MINS with up to 20 minutes free play time after the performance

Suitable for ages 0-12 months + parents/ guardians.

Free on site parking

For booking **[CLICK here— Eventbrite](#)**

Parenting Cavan and partners

Parenting Cavan and Partners are running a 6 week **Children's Programme for Parents**

Tuesday mornings
from
5th October to 16th November 2021.

It will take place



online

from 10:00 am to 13:00 pm



PARENTS PLUS

Children's Programme

An evidence-based parenting
course on promoting confidence,
learning and positive behaviour in
children aged six to 11 years.

For more information or to reserve your place,
please contact:

Parenting Cavan on 087 7529948 or
Email: Parentingcavan@gmail.com




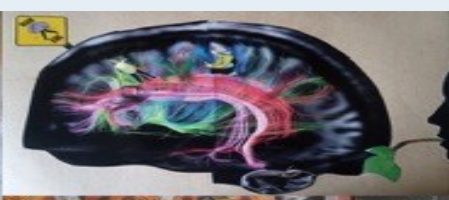
Cavan County
Local Development



FOCUS
Family Resource Centre OLB

100ParentsPlus
Empowering Professionals to Support Families

Helium Arts - Free Arts Camp for Teenagers Living with Longterm Health Conditions

FICTION THROUGH IMAGE

ART WORKSHOPS FOR TEENAGERS DELIVERED REMOTELY

Do you know a teenager living with a long term health condition who would benefit from exploring their creativity, having fun and building friendships in a safe and stimulating environment?

CREATE YOUR OWN STORIES THROUGH IMAGE-MAKING
Join Helium Arts for a remote art-based programme using on and offline activities including:

- Creative group sessions over Zoom (max 1hr)
- Offline independent art making
- Optional online drop-in studio time
- Sharing your creativity in a private group online space called Padlet

Across the programme, you will explore the theme of 'Fiction Through Image' through a range of visual arts processes including: photography, collage, illustration, mapping, color, bricolage, and animation.

For teens with long-term health conditions, aged 13-17 years

- 6 day programme
- Dates are Sat 23 Oct, Wed 27 Oct, Sat 30 Oct, Sat 6 Nov, Sat 13 Nov and Sat 20 Nov 2021
- Free of charge
- Art materials included via the post
- Facilitated by a trained and experienced Helium Artist

To SIGN UP please contact
Helium Arts' Family Liaison hello@helium.ie
or **086 838 9240**
Closing date for registrations is Friday 8th October 2021.




"A story has no beginning or end, one randomly chooses that moment of experience from which to look back or from which to look ahead"
(Graham Greene, Novelist and Author)

Testimonials:

"I thought it was really cool to meet other people with similar life experiences and have that connection. And I like how we're sort of all in the same room at the same time and that's comforting." – Teenager

"It was uplifting for her. It has given her more confidence in herself, in her own abilities. She still is talking about the experience. It was a safe space for her." – Parent

About Helium Arts
Helium Arts is the national children's arts and health charity supporting the social and emotional needs of children facing long-term health conditions through arts-based projects in hospital, community and public settings. For more information on Helium's work visit www.helium.ie
Helium Arts' Remote Teen Art Programme, Autumn 2021, is funded by Creative Ireland. Helium Arts is also supported by the Arts Council. Helium Arts' Youth Advisory Group members contributed to the design and content of this remote programme for young people.

www.helium.ie
Registered Charity No. 20075200

Do you know a teenager living with a long-term health condition who would benefit from exploring their creativity, having fun and building friendships in a safe and stimulating environment?

Join artist Yvonne Cullinan for a six-day programme using on and offline activities that will explore the theme of 'Fiction Through Image' through a range of visual arts processes

Free of charge and art materials included via the post

To SIGN UP, please contact: hello@helium.ie or 086 838 924

New parents group starting in Ballyconnell



PARENTS TOGETHER GROUP

An exciting opportunity to meet up with other parents in your area for a chat over a cuppa.

Ballyconnell 1st Wednesday of every month
Church Street Centre 10:00 - 12:00

Your local Family Support Practitioner will be here to provide advice, support & information in confidence - if needed
049 4364065

FOCUS
Family Resource Centre OLG

TUSLA
The Office for Children's Protection and Welfare

Free Webinars on Youth Mental Health



YOU LEAD
DOCTORAL PROGRAM IN YOUTH MENTAL HEALTH LEADERSHIP

RCSI **UCL** **JIGSAW** **HC** **HRB**

There will be five talks in this series, each lasting 45 minutes with 15 minutes to ask questions at the end.

Monday 11th October Professor Kathryn Abel Professor: What did the pandemic tell us about young people's mental health? Dr Abel Professor of Psychological Medicine and Reproductive Psychiatry, Director and Founder of the Centre for Women's Mental Health at the University of Manchester and co-Director of GM.Digital (formerly CAMHS.Digital) for Greater Manchester Mental Health NHS Foundation Trust.

Tuesday 12th October Dr Michael Duffy: Screening for PTSD in children with a history of maltreatment using front line social care practitioners. Dr Duffy a Consultant Cognitive Psychotherapist specialising in PTSD and complex grief and Senior Lecturer and Director of the Specialist MSc (Trauma) in Cognitive Behavioural Therapy at Queen's University Belfast.

Wednesday 13th October Professor Ella Arensman: Self-harm and suicide in young people: Associated risk factors and evidence-based interventions. Professor Arensman, Professor of Public Mental Health at the School of Public Health, Chief Scientist at the National Suicide Research Foundation (NSRF), University College Cork, and Visiting Professor with the Australian Institute for Suicide Research and Prevention, Griffith University, Brisbane, Australia.

Thursday 14th October Dr Sarah Evans Lacko: Stigma and other barriers to care for youth with mental health problems. Dr Sara Evans-Lacko Associate Professorial Research Fellow in the Care Policy and Evaluation Centre at the London School of Economics and Political Science.

Friday 15th October Professor Jess Deighton: Mental Health Support in Schools - "What does the evidence say"? Professor Deighton Professor in Child Mental Health and Wellbeing at UCL, Director of Innovation, Evaluation and Dissemination at the Anna Freud National Centre for Children and Families and Director of the Evidence Based Practice Unit.

For further information [Click Here](#) **You Lead —NUI Galway**

For Booking [Click HERE—Eventbrite](#)

'Stories of Recovery' Podcast



Mental Health
Ireland



'Stories of Recovery', a podcast series will hear from local people who have lived through adversities that challenged their mental health and wellbeing and how they now flourish and continue to stay well. They are joined in the conversation by people who provide supports and services locally and offer mental health signposting for those who need it.

This initiative is a collaboration between Mental Health Ireland and the HSE Cavan Monaghan Mental Health Services as part of the Connecting for Life Cavan Monaghan strategy to reduce suicide in our communities.

The podcast is hosted by Miffy Hoad, Development Officer with Mental Health Ireland for the Cavan Monaghan area.

The first episode features Eoin Kelly whose brother sadly died by suicide and Emer Mulligan, Resource Officer for Suicide Prevention with HSE Cavan & Monaghan in conversation with Miffy Hoad from Mental Health Ireland.

They will talk about Eoin's personal journey of recovery through the trauma of losing a loved one through suicide as well as the kinds of supports and services that help and are available for people in crisis, and those who are bereaved by suicide.

The October episode will coincide with World Mental Health Day and will follow a personal story of a young man's recovery from severe anxiety and depression, and how wellness tools and WRAP – Wellness Recovery Action Plan can support recovery and promote mental health & wellbeing. And in November, the episode will focus on Men's health and wellbeing and December will be about family mental health & wellbeing.

Stories of recovery podcast series—[Click HERE](#)

Cuan Strides for Life Walking Programme



Irish Cancer Society



Strides for Life

Starting Wednesday September 22nd

A walking programme for people recovering from cancer treatment



- Developed by the Irish Cancer Society
- 10-week structured programme
- Group walk every week
- Individual training programme
- All levels of ability catered for
- Family member or friend very welcome

In the

Farnham Estate Resort Cavan

Pre-registration required

Text/Phone 086 455 6632

Email: cuan@cavan.ie

MaCYSS: Monaghan and Cavan Youth Substance Support



Great to see the official launch of MaCYSS project and also the publishing of the recent survey.

Well done to all involved and great to see this additional service to support young people, families and communities across both counties.

To view a copy of the report [Click HERE](#)

West Cavan.... Bounce Back Youth Café is Back Up And Running



BELTURBET YOUTH CAFE WEEKLY ACTIVITIES

STARTING SEPT 27TH

Monday	Junior Youth Cafe 10 - 13 year olds 5:00pm - 6.30pm
Tuesday	Ballyconnell: Junior Youth Cafe 10 - 13 year olds 5:00pm - 6:00pm Senior Youth Cafe 13 - 16 year olds 6.30pm - 7.30pm
Wednesday	Advanced Music group 4.30pm - 6:00pm Beginners Music Group 6:30pm - 7:30pm
Thursday	Junior Afterschool Support 10 - 12 year olds 3:00pm - 4.30pm Online Cooking 6:00pm - 7:30pm First Year's Chill Out 12/13 year olds 6:30pm - 8:00pm
Friday	Mindfulness Programme 2:00pm - 3:30pm Sport and Recreation 4:00pm - 5:30pm

contact jason@ywicavan.ie | 087 682 6925

**MUST BOOK
LIMITED
SPACES**






The Department of Children, Equality, Disability, Integration and Youth (DEY) is a dedicated authority with a leading role in promoting, ensuring and advancing equality in Cavan and Monaghan Education and Training Board (CMTB).

Mace Project— Programmes available online

For further information on any of programmes below contact Antoinette Brady, Senior Child and Family Network Coordinator on 0494369800

 **ParentingNI**



Fathers and Families Positive Parenting Programme for Dads

You play an important role in your child's life. This programme will emphasise this and help you gain the skills to use a positive parenting approach. Interactive, fun and an opportunity to build a support network. Programme welcomes those parenting 0-13 years specifically

"A big help and enabled me to make progress."


"Learnt I was already doing lots of things well & got ideas to help where things weren't just so good."


Cavan and Monaghan
ONLINE VIA ZOOM
Friday 29th October 2021
10.00am - 11.30am for 6 weeks

 **CAWT**
Cooperating and working together
Northern Ireland - Ireland - Scotland

 **Interreg**
Northern Ireland - Ireland - Scotland

 **HSC** Health and Social Care

 **ParentingNI**



KEEPING YOUR COOL PARENTS ANGER MANAGEMENT PROGRAMME

Programme welcomes those parenting 0-18 years specifically


ONLINE VIA ZOOM


Cavan & Monaghan


Every Friday for 6 weeks starting 17th September & finishing on 22nd October 2021
10.00am - 11.30am

This 6 week programme allows parents to explore their reaction to anger and how their anger impacts on the children, how to identify the triggers and find positive ways of managing their anger. Anger is a normal emotion, which most parents experience on a regular basis. It is often seen as a negative emotion but can be used as a motivator to instigate change.

parentingni.org

 **CAWT**
Cooperating and working together
Northern Ireland - Ireland - Scotland

 **Interreg**
Northern Ireland - Ireland - Scotland

 **HSC** Health and Social Care

 **ParentingNI**



SINK OR SWIM

FREE Online 6 Week Programme for Parents & Carers

Do you sometimes struggle with parenting? Are some days better than others? Many parents feel exactly the same way! Sink or Swim explores the realities of parenting, while sharing tips & tools on how to look after your own mental health. Programme welcomes those parenting 0-18 years specifically.

Cavan and Monaghan
Wednesday 6th October - 10th November 2021
(6 Weeks)
10.00 am - 11.30 am

 **Interreg**
Northern Ireland - Ireland - Scotland

 **HSC** Health and Social Care

 **CAWT**
Cooperating and working together
Northern Ireland - Ireland - Scotland

Family Addiction Support Network's Fun Run



FASN 5K+ Family Fun Run

DUNDALK
17TH OCTOBER @12PM

ENTRY FEES:
Individual chipped 5k - €15
Non Chipped Family Walk (2 -5 members) - €30
Individual Virtual - €10

Proceeds of event will go towards maintaining FASN services.
Option to purchase event merchandise.

REGISTER AT
MYRUNRESULTS.COM

Lots of prizes on the day! And if you cannot make it to Dundalk you can support by doing the virtual 5k in your own time and space. Run or walk to show your support

The serious runners can register by clicking [HERE](#)

PIPS charity



PIPS
SUICIDE PREVENTION IRELAND

• Do you live in the South West/Fermanagh/Omagh/Sligo/Cavan area?
• Do you need support with your mental health?
• Would you like help to ease anxiety, stress or worries?

PIPS is a new counselling service operating across the South West, based in:
Asda Community Rooms, Derrychara Road, Enniskillen, BT74 6JG
This service is open to all including those who live in isolated or rural areas.

You are not Alone

We Offer:

- Free, confidential counselling services which deal with the following:
*Depression *Trauma *Drugs *Alcohol *Anxiety *Self-Harm
- Unlimited number of sessions, led by you
- The service is open to everyone aged 4 and above

Get in touch
If you feel you need help or want to find out more, please contact a member of the team:
Telephone **02866 339 004** Freephone **0800 088 6042**
Email info@pipscharity.com Web www.pipscharity.com

 PIPS Charity  PIPSCharity  PIPS_Charity

Charity No.: NIC104726



Youth & Community Supports in Co Cavan

pieta

Pieta House
Crisis Counselling
Cavan/Monaghan Service
090 6424 111

FREEPHONE
1800 247 247
Text **51444**
www.pieta.ie

SOSAD Ireland
26 Bridge Street
sosadcavan@gmail.com
@CavanSOSAD

24 HOUR CRISIS LINE
049 432 6339

If you, or someone you know is in crisis, contact your GP, ring Doc-On-Call on 1850 777 911, or go straight to your nearest A&E Department.

FREE 24/7 Crisis Text Line
Text "HELLO" to
50808

From breakups or bullying, to anxiety, depression and suicidal feelings, Crisis Volunteers are available 24/7 for anonymous text conversations.

TULLACMONGAN RESOURCE CENTRE
Killymooney Drive, Cavan
(049) 437 2976

Serving your communities

FOCUS
Family Resource Centre C16
Main Street, Killeshandra
(049) 436 4065
www.focusfrc.com
@FocusFRC

TEACH OSCAIL
Family Resource Centre
31 Church Street, Cavan
(049) 437 2730
@teachoscailfrc

cmetb
Cavan and Monaghan ETB
Youth Services
049 433 1044
youthservices@cmetb.ie



CAVAN 365 PROJECT BIG BROTHER BIG SISTER YETI PROJECT

Contact: Sharon Ivers | Tel: 086 7791685 | Email: sharon.ivers@foroige.ie

Opening Hours: 10am - 10pm Monday - Friday. Staff are also available on weekends

ISPCC CHILDLINE THERAPEUTIC SUPPORT SERVICE

Contact: Jean Rooney

Resilience Support Worker | Mobile: 087-2334534 | Jean.Rooney@ispcc.ie

The service works with young people under 18 years of age and their parents/ carers. Referrals are welcomed from professionals, parents and young people who may be experiencing difficulties.



Youth Personal Development (16 - 25)

Mobile: 087-7109249 | facebook.com/journeys.monaghan.3

QQI Qualification, Mentoring, Group Work.

www.ywimonaghan.ie



Contact: Chrissie O'Sullivan

Project Coordinator

Mobile: 087-1753007

chrissectm@gmail.com

@cavantravellermovement2020



CAVAN SCHOOL COMPLETION PROGRAMME

Contact: Alana Shannon

Project Worker

Mobile: 086-1703833

alana.shannon@scpi.ie

Monday to Friday | 9am to 5pm

@cavanscp



An Garda Síochána

Ireland's National Police & Security Service

Local Garda Contacts

Garda Edel Gilliland

Garda Juvenile Liaison Officer

Mobile: 087-0601856

Garda Seamus Herron

Cavan Community Police

Phone: 049-4368800

Garda Lisa Stevens

Bailieboro Community Police

Phone: 042-9694570



Cavan County Local Development

Tel: 049-4331029

The Local Development Company for Rural Development, Social Inclusion, Employment & Community Development.

Corlurigan Business Park, Ballinagh Road, Cavan

@cavancountyllocaldevelopment

CYPSC
CHILDREN & YOUNG PEOPLE'S SERVICES COMMITTEES
Cavan

County Cavan Children & Young People's Services Committee
Coordinator - Ste Corrigan
email: ste.corrigan@tusla.ie

TUSLA
An Ghníomhaireacht um Leasraí agus an Teaghlach
Child and Family Agency

PREVENTION PARTNERSHIP, & FAMILY SUPPORT (PPFS)

Contact: Antoinette Brady
Phone: 049-4369800
Mobile: 087-4436215

ISPCC CHILDLINE
1800 666 666
Text 'Talk' to 50101

SPUNOUT
Visit www.spunout.ie or Text SPUNOUT to **086 1800 280**
(standard sms rates apply)

TeenLine
IRELAND
1800 833 634

SAMARITANS
Call us free 24/7 on **116 123**
samaritans.org

Connecting for Life
Cavan and Monaghan