

Barnardos Family Support Services seek to enhance family well-being and strengthen parenting capacity in order to reduce problems later in a child's life.

Our 22 Family Support Centres are located in the heart of communities in 9 counties throughout the country.

Issues that children and families present with:

- Parental separation
- Parental mental health difficulties
- Children exposed to trauma
- Homelessness
- Bereavement / loss
- Domestic violence
- Parental substance abuse
- Parent-child bonding and attachment
- Children leaving state care
- Anxiety and stress in very young children
- Suicidal ideation and self-harm in young people



## Types of Support Provided

**Individual targeted interventions with children** dealing with challenging experiences that are likely to impact on their development, such as parental addiction, domestic violence, physical and emotional abuse. This one-to-one support is delivered on a weekly basis.

**Joint child-parent therapeutic work** tailored to the assessed needs of parents and children. Barnardos' approach to this work draws on evidence from attachment theory and child development. This combined support is delivered on a weekly basis.

**Friendship Group** for children between 6-9 years or 9-11 years who are struggling with friendships and experiencing isolation. The focus is on building social skills and the ability to self-regulate emotions. It is about giving children a place to develop and practice the skills they need to form healthy friendships.

**'Partnership with Parents'**, an intensive module-based programme for parents who require support to parent effectively. It is delivered over 28 weeks within the family home to increase its effectiveness. The programme supports parents to deal more effectively with parent-child relationship and communication,

child behaviour, routines and boundaries, education, physical development, and crisis management.

**Family Welfare Conferences**, family meetings supported by professionals to discuss concerns about a child's welfare. The child-centred approach ensures that support for the child or young person is drawn from their family, friends and people important to them. This work allows for early intervention and enables families to provide their own solutions to difficulties.

**Advocacy and Information Support**, for access to housing and health services on behalf of families who are often unable to directly engage and navigate services themselves.

## Referrals to the service come from:

- GPs
- Schools
- Psychologists
- Psychiatrists
- Primary Care Teams
- Public Health Nurses
- Addiction services
- Tusla
- Community Services
- Women's Aid
- Women's refuges
- Self-referrals by parents themselves



Our Family Support Services worked with more than 3,000 families nationwide in 2022

### Service Locations:

**Carlow:** Carlow town

**Cork:** North & South Cork City, Youghal, Fermoy, Mitchelstown

**Dublin:** Jobstown, Rialto, Mulhuddart, Corduff, Finglas, West Tallaght, Cherry Orchard, Ballyogan

**Limerick:** Moyross, Southill

**Offaly:** Tullamore, Edenderry

**Tipperary:** Thurles, Clonmel

**Waterford:** Waterford City, Dungarvan

**Westmeath:** Athlone, Mullingar

**Wexford:** Enniscorthy

