



Hello Parents,

Here are some of the activities and courses available to you over the next few weeks! Come along and join in the fun! Don't miss the chance to get motivated and moving for the year ahead!

**Classes continuing in April/May. All classes are free! Everyone is welcome to join at any time, just make contact with your HSCL to book a place!**

<p><b>Wednesdays</b></p>	<p><b>Conversational English Group</b>                  Practise and improve your English speaking skills &amp; enjoy a coffee. Group meets on <b>Wednesdays</b> from 9.30am-10.30am.</p> 
<p><b>Thursdays</b></p>	<p><b>Yoga</b> with Jacinta will continue on Thursdays from 9.30am – 10.30am in the Prayer Room in Mountmellick Community School.</p> 
<p><b>Fridays</b></p>	<p><b>Dance Zone</b> classes with Louise are on every <b>Friday</b> from 9:30am in the Macra Hall. Free of charge. All Welcome!</p> 

# HSCL Newsletter

## SUMMER COOKERY COURSES



Summer BBQ  
**MEATS & SALAD**

Mountmellick Community School  
 Wednesday 10th of April  
 9.00am-11.00am

Contact Mags 083 1380148  
 Helen 086 7022573 Elaine 086 7037082



Summer Desserts

Learn how to make delicious Summer desserts!

Mountmellick Community School  
 Wednesday 1st of May  
 9.00am-11.00am

Contact Mags 083 1380148  
 Helen 086 7022573 Elaine 086 7037082



**HSCL CO-ORDINATORS**

Elaine Boland  
 St. Josephs GNS  
 0867037082

Helen Mulhare  
 Scoil Phádraig Naofa  
 0867022573

Mags McLoughlin  
 Mountmellick Community School  
 0831380148



# Ongoing Parent activities and courses

## Tots and Teas

Parent and toddler play mornings. Come to the MDA with your baby/toddler to have a cuppa, meet others for a fun and friendly morning of play!

Contact Sarah on (086) 8177596

From 10.00am -11.15am.



## Mindfulness on Tuesdays

Mindfulness helps us to reduce stress, manage anxiety and get better sleep.



In the MDA on Tuesdays from 10am -11.30am

# HSCL Newsletter

## Information sessions to support Mental Health with Jigsaw and Grow

**JIGSAW** Young people's health in mind  
www.jigsaw.ie

### SUPPORTING YOUNG PEOPLE'S MENTAL HEALTH

**Supporting Young People's Mental Health**  
This is a 60 minute workshop for parents/guardians and other adults interested or concerned about young people's mental health.

**Learning Outcomes:**

**Participants will:**

- Gain a better understanding of the key issues relating to the mental health and wellbeing of young people.
- Learn to promote positive mental health in young people.
- Understand how to recognise signs of their signs that a young person may be struggling with their mental health.
- Learn the value of listening as a way of supporting young people.
- Acquire knowledge of the supports available in your area.

**We are @jigsaw...**  
leading the change in youth mental health.

**Workshop Information:**  
Where: Portlaoise Library  
When: May 2nd  
Time: 6pm - 7.30pm  
Scan the QR code to register

**Grow** Mental Health  
www.grow.ie

"GROW GAVE ME A SENSE OF BELONGING"

**Want to know more about Grow Mental Health and our free over 18's weekly support meetings?**

**Join us for an open day.**  
Where: MDA Centre, Mountmellick  
When: Thursday 11th April @ 2pm  
Contact: Michelle, 086 4183805  
Refreshments will be provided

**One Family** is Ireland's national organisation for people parenting alone, sharing parenting and separating. One Family offer courses for parents nationwide.

They offer a range of e-learning courses which can be completed in the comfort of your own home at your own pace. For example,

- ✓ *Parenting through Stressful Times*
- ✓ *Clear & Direct Communication*
- ✓ *Positive parenting*
- ✓ *Family Communication- Parenting Teens*
- ✓ *Family Communication - Separating Well for Children*

Learn more and register at [www.onefamily.ie](http://www.onefamily.ie)



### HSCL CO-ORDINATORS

Elaine Boland

St. Josephs GNS

0867037082

Helen Mulhare

Scoil Phádraig Naofa

0867022573

Mags McLoughlin

Mountmellick Community School

083 1380148

