



## **Killarney Mentoring Practice**

### **Supporting Parenting Courses**

Courses are open to parents, grandparents, teachers and anyone involved or with an interest in the care of children or any adults interested in reflecting on their own childhoods.

Courses commence first week in October, Tuesday or Thursday evenings 7-9 and Wednesday mornings 10-12 for 10 weeks. Cost is €150 (preferably €100 first night and €50 prior to last four sessions).

Booking is essential at [eileen2buckley@gmail.com](mailto:eileen2buckley@gmail.com) Or at 087 4129655 prior to Sept 25<sup>th</sup> if possible please.

Topics Covered Include:

**All Parenting Starts with Self**

**Family Relationships and Feelings**

**All Children are Geniuses!**

**The Behavioural Development of Children**

**Family Communication**

**A Different Kind of Discipline**

**Children's Challenging Behaviours**

**Parent's Challenging Behaviours**

One-to-one mentoring opportunities are available on an on-going basis for those who wish to reflect on relationship challenges or difficulties experienced in the home, family or work environments or simply want to get to know themselves at a deeper level.

This practice is run in association with Dr Tony Humphreys: 021 4642394 or at email: [tonyhumphreys1@eircom.net](mailto:tonyhumphreys1@eircom.net)

Eileen Buckley is a member of IARM (Irish Association of Relationship Mentors)