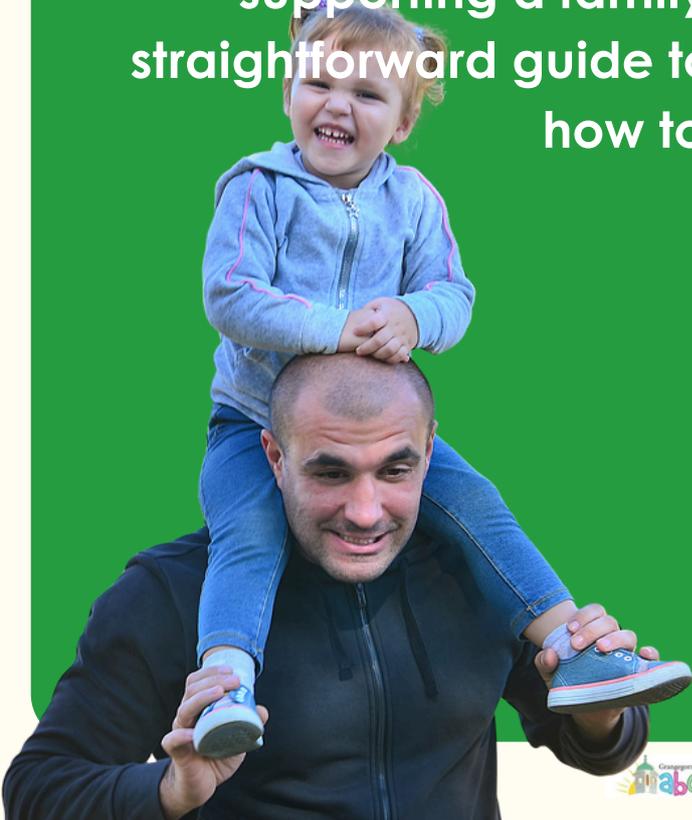


Newsletter



This month's newsletter focuses on some of the programmes currently running across the ABC Grangegorman community. Inside, you'll find clear information about the supports available to families, what each programme offers, and how to access them.

Whether you are a parent, carer, or professional supporting a family, we hope this gives you a straightforward guide to what's happening locally and how to get involved.



We would like to wish Kathleen McCann, Community Engagement Manager at Grangegorman Development Agency, the very best in her retirement. Her contribution to community engagement has been deeply valued, and while she may be stepping back from her formal role, we hear she remains very much actively involved in the community — which feels entirely fitting.

Below are a few words from ABC Steering Group Chair, Eadaoin Kelly.



‘Kathleen, as you step into your well-earned retirement, I want to thank you for everything you have given to the ABC Grangegorman Consortium over the past decade. Your commitment, consistency, and belief in community-based approaches have been extraordinary, especially given that your role was not about direct service delivery, yet you showed up unflinchingly, prepared, and ready to contribute at every meeting. You brought such depth of experience and understanding of community work. Your strengths in governance, your attention to detail, and your willingness to take on complex, often unseen work — from the Consortium Agreement to the Stepping Up programme — made a lasting difference. You listened carefully, explored every angle, documented progress meticulously, and helped strengthen the systems and structures that support everyone’s work. Beyond all of this, you have been a joy to work with: generous with your time, thoughtful, kind, and genuinely interested in others. We will miss your expertise and your presence greatly, and I wish you every happiness and fulfilment in the years ahead. Thank you, so sincerely, for everything.’



Daughter of Charity Community Services (DoCCS) Programmes

Funded through ABC Grangegorman

Daughter of Charity Community Services (DoCCS) delivers a range of family support programmes for families living in the NWIC area. We are currently welcoming referrals from families and professionals for the following supports:

ParentChild+ (16 months–3 years)

A home-visiting programme focused on learning through play. It strengthens the parent–child bond and supports parents as their child’s first and most important teacher.

Contact: Sarah on skearney@doccs /01 8874103

Home from Home (16 months–3 years)

An adapted ParentChild+ model supporting families experiencing homelessness through home visiting and play-based learning.



Information morning for Parents/Guardians

Circle of Security Parenting Programme

When: Wednesday 4th February

Time: 9.30-10.30am

Where: 9 Henrietta Street, Dublin 1

Contact: Sarah on skearney@doccs /01 8874103 if you need any further information.

The Circle of Security is a relationship-based parenting programme designed to support and strengthen your connection with your child. It helps parents understand their child’s emotional needs, build a secure attachment, and respond to challenging behaviours in a way that fosters confidence and trust.

This information session will give you a chance to learn more about the 8-week programme, ask questions and see if it’s something you’d like to explore further.

Circle of Security Parenting (all ages)

A relationship-based parenting programme that helps parents understand their child’s emotional needs, build secure attachment, and respond confidently to challenging behaviour.

Contact: Sarah on skearney@doccs /01 8874103





PEEP PLAYGROUP

LIMITED SPACES
REGISTRATION
REQUIRED

When? Wednesday 11th February - 18th March
9.30 - 10.30am

Who? For Parents & Children 18months - 3 years
Where? 9 Henrietta Street, Dublin 1

You and your child can learn some new ideas & activities to support their learning through play, singing and stories!



Contact Colette on
086 2062144

Peep Groups (up to 4 years)
Parent and child sessions that support early learning in simple and enjoyable ways.

Parent & Toddler Group (0–3 years)

Facilitated play sessions in a safe and welcoming environment, supporting children's development while building peer support within the community.

Parent Toddler Playgroup

Holy Family Parish Centre Prussia Street
 Wednesdays 9:30am - 11:30 am
 Fridays 10.30am - 12:30pm
 Pre-book text or Whatsapp 0852179705

ParentChild+
Equal Possibilities From The Start

Grangegorman abc

Building Baby from Head to Toe (pregnancy–2 years)

An introductory workshop on Infant Mental Health, supporting parents and caregivers from pregnancy through the early years.

All groups are open to families living in the NWIC area and run on an ongoing basis. All programmes accept rolling referrals. Delivery dates and times for some programmes are arranged in response to identified need. Referrals are welcome from both professionals and families in the area.

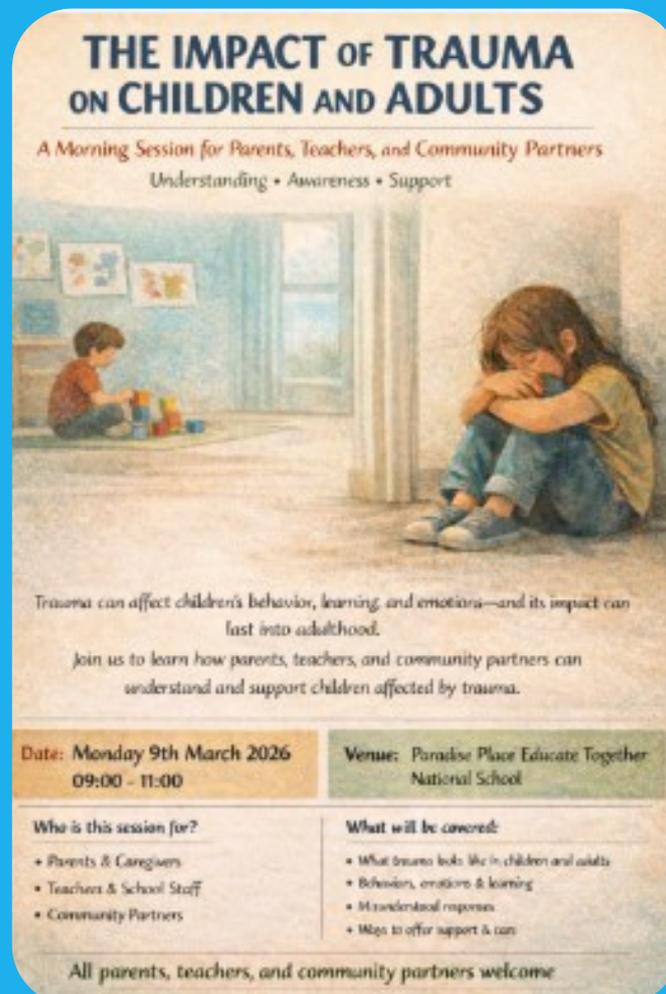
The Impact of Trauma on Children and Adults

Monday 9th March 2026

9.00 am–11.00 am

Paradise Place Educate Together NS:

Trauma can affect how children and adults feel, learn and connect. Sometimes it shows in behaviour or concentration. Understanding it helps us respond with care and support. Join us for a welcoming morning session for parents, carers, teachers and community partners where we will explore what trauma is and share practical ways to support children and families. All are welcome. For further information or to book a place, please contact principal@ppetns.ie



THE IMPACT OF TRAUMA ON CHILDREN AND ADULTS

A Morning Session for Parents, Teachers, and Community Partners
Understanding • Awareness • Support

Trauma can affect children's behavior, learning, and emotions—and its impact can last into adulthood.
Join us to learn how parents, teachers, and community partners can understand and support children affected by trauma.

Date: Monday 9th March 2026
09:00 - 11:00

Venue: Paradise Place Educate Together National School

Who is this session for?

- Parents & Caregivers
- Teachers & School Staff
- Community Partners

What will be covered:

- What trauma looks like in children and adults
- Behavior, emotions & learning
- Understand responses
- Ways to offer support & care

All parents, teachers, and community partners welcome



Nurturing Connections: Baby Massage Course

Support your bond & your baby's development in this 5-week course linking to Infant Mental Health. Fridays, 1–29 May 2026, 11:00 am–12:30 pm

One Family, in-person. For parents parenting alone/post-separation. Book your spot here: <https://www.fetchcourses.ie/course/finder?sfcw-courseId=516505>



BABY Massage

Step by Step Child & Family Project, 43 Parnell Square West, Rotunda, D1 (D01 PX37)

Join us in a safe, welcoming, and non-judgemental space where you and your baby can relax, connect and learn the art of baby massage.

- All materials included
- Refreshments provided
- Zero cost - limited spaces available

Benefits of Baby Massage

- Deepens bonding & connection
- Promotes relaxation
- Create a calm routine
- Builds feelings of security & attachment

CALL NOW TO RESERVE YOUR PLACE

0861648780 - Paola
0858091535 - Aisling

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Baby Massage at Step by Step Child & Family Project, 43 Parnell Square West, Dublin 1 — a warm, welcoming space to relax, bond and learn gentle massage techniques with your baby; to book, contact Paola on 086 164 8780 or Aisling on 085 809 1535.



Parenting 365 (P365) Programme

Step by Step, Child and Family Project (43 Parnell Street, Dublin 1) is now accepting referrals for the Parenting 365 (P365) Programme, supporting parents and families of children with additional learning needs. The six-week programme commenced on 21st February and includes facilitated play sessions, online sessions, practical resources, and a weekly parent support group via Zoom. Referrals are strictly limited to families within the Grangegorman ABC Catchment – North West Inner City and should be sent directly to parenting365d7@gmail.com.

Contact Us:

For more information on programmes and supports available in your area, please contact: eli@ncirl.ie.

To keep up to date throughout the year, please connect with us:
Website: <https://grangegormanabc.com>.
Instagram: [grangegormanabc](https://www.instagram.com/grangegormanabc).

