

KILKENNY ONE PARENT COMMUNITY

We are a volunteer-led network of parents which, with the support of an interagency steering group, was established in 2020 following the published research report for Kilkenny One Parent Families 'Voice and Visibility'.

The KOPC aims to amplify the voices and increase the visibility of one parent families in a positive and empowering way throughout Kilkenny. We aim to connect, support, and celebrate each other on our parenting journey.

Website: www.kilkennyoneparentcommunity.ie

Email: kopc@cklp.ie

Facebook: Kilkenny One Parent Community

LEGAL SUPPORT AND MEDIATION

Kilkenny legal Aid Board:

Offering individuals means-tested, legal aid support.
Address: Unit A, 1st Floor, Smithland Centre, Loughboy, Kilkenny

Website: www.legalaidboard.ie

Phone: (056) 776 1611

Kilkenny Mediation Centre

Offers a free service to help parents whose relationships have broken down to negotiate their own agreement.

Email: kilkennyfamilymediation@legalaidboard.ie

Phone: (056) 7775616

Treoir

National information service for unmarried parents, information is available on Legal, Social Welfare and Parenting issues.

Phone: (01) 6700 120 / **Website:** www.treoir.ie

Email: info@treoir.ie

FAMILY SUPPORTS

Family Resource Centre's

Your local Family Resource Centre provides a range of services that address the needs of families. Such as Family support, education and training opportunities, play therapy, psychotherapy/counselling and childcare. You can explore your families needs with your local FRC.

Droichead FRC

Address: Old CBS School, West St, Callan Co. Kilkenny

Phone: (056) 775 5660

Website: www.droicheadfrc.ie

Email: admin@droichead.ie

The Mill FRC

Address: Main St, Urlingford, Co. Kilkenny

Phone: (056) 883 8466

Website: www.millfrcurlingford.com

Email: millfrcme@gmail.com

Fr. McGrath FRC

Address: St. Joseph's road, Kilkenny City

Phone: (056) 775 1988

Website: www.frmcgrathcentre.ie

Email: info@frmcgrathcentre.ie

Newpark Close FRC

Address: Newpark Close, Newpark Lower, Kilkenny City

Phone: (056) 772 3309

Website: www.newparkclosefrc.com

Email: newparkclosefrc@eircom.net

Barnardos

Barnardos offer a range of services and supports to families and children. Phone the Barnardos parenting support line 1800 910 123

Website: <https://www.barnardos.ie/>

MENTAL HEALTH AND WELLBEING SUPPORT

CIPC - Counselling In Primary Care

Free counselling in primary care, free to all adults who hold a medical card.

Email: CIPCSECH.referrals@hse.ie

Phone: (051) 359 083

Primary Care (HSE) Child Psychology Services

Support for parents with parenting and the needs of the child, referral through GP or call.

Address: Community Services, James' Green, Kilkenny City.

Phone: (056) 778 4613

Teac Tom

Offer a listening service, affordable counselling and play therapy.

Address: 15 Ormonde Road, Kilkenny City.

Phone: (056) 779 6592

Samaritans

Free Listening 24 Hour Support, 365 days a year

Phone: 116 123

Kilkenny Bereavement Support Network Support

services for those grieving the loss of a loved one.

Phone: 056-7756538

Website: <http://kilkennybereavementsupport.com/>

Ossary Youth

Ossary Youth provide city and rural youth work, mental health and special interest programmes as well as mentoring, information and many other supports to young people in Kilkenny.

Website: [https://www.ossaryyouth.com /](https://www.ossaryyouth.com/)

Phone: 056 776 1200

The Drum Youth Centre, Foroige

The Drum Youth Centre, Foroige, Kilkenny, is a youth centre for all young people aged 12-18 years in Kilkenny city and county.

Phone: 056 7788134 or 086 068 5200

Website: www.foroige.ie

You can also contact your local Family Resource Centre for counselling services.



The Healthy Ireland Fund supported by the Department of Health and the Department of Children, Equality, Disability, Integration and Youth.

EDUCATION

Adult Education Guidance Service

Offering one to one support to explore education, training and career opportunities. Support accessing up-skilling, training, CV and interview preparation.

Address: Lower New Street, Kilkenny City.

Phone: (056) 776 4448

Website: www.kilkennycarlow.etb.ie

Email: adultguidance@kkadulied.ie

One Step up

Offer free guidance on adult education and training opportunities, including support improving literacy and maths skills, and information on course options and grants

Freephone: (1800) 303 669 (9am - 5pm)

Website: www.onestepup.ie/about

Kilkenny County Childcare Committee

Offer information on childcare and preschool services in Kilkenny, including information on available financial support, community and private early years services.

Phone: (056) 7752865

Website: www.kkccc.ie / **Email:** mail@kkccc.ie

FINANCIAL

MABS

Offer impartial advice with money management and take control of debt. Support is offered online, over the phone and face to face.

Phone: (0818) 072 610 / **Website:** www.mabs.ie

Kilkenny Citizens Information Centre Information

on your rights and entitlements

Phone: 0818 07 7910 / **Email:** kilkenny@citinfo.ie

LEGAL

FLAC - Free Legal Advice Clinic

Offers free one-off legal advice on Criminal, Human Rights, and Family Law matters.

Address: Unit 2, Block 1, Patrick's Court, Kilkenny

Phone: (076) 107 7910 / **Website:** www.flac.ie

SUPPORT

Amber Women's Refuge Kilkenny

Helpline: 1850 42 42 44 / **Phone:** (056) 777 1404

Website: www.amberwomensrefuge.ie

Newpark Close Men's Domestic Abuse Support

Phone: (083) 1517037

Email: eileendillonnewparkclosefr@outlook.com

An Garda Síochána

Phone: (056) 777 5000 (Kilkenny City)

Garda Protective Services Units Kilkenny

PARENTING

One Family Ireland

One Family offers support for one-parent families. These include parenting supports and training, a helpline and one parent family-focused counselling service.

Helpline: (01) 662 9212 / **LoCall:** (0818) 662212

Website: www.onefamily.ie

Email: info@onefamily.ie

Tusla (The Child and Family Agency)

Tusla has a primary responsibility to promote the safety and wellbeing of children.

Child Protection and Welfare: If you have reasonable grounds for concerns that a child may have been, is being or is at risk is from abuse or neglect the Duty Social Work in your area is contactable at 052 617 7302

Meitheal (PPFS)

A Tusla-led support plan which can support you and your child to find the help you need. Meitheal helps bring together people and services who can support changes that you/your child/your family want and need. The Snr CFSN Coordinator can be contacted on 087 794 3746.



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INFORMATION
SUPPORTS