



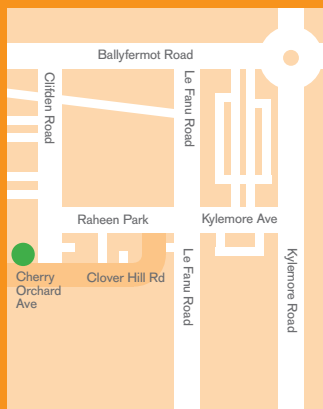
Barnardos Family Support Project
Cherry Orchard



Cherry Orchard

Barnardos Family Support Project
21 Cherry Orchard Avenue
Cherry Orchard
Dublin 10

T: 01 626 1985
F: 01 626 1985
E: info@cherryorchard.barnardos.ie
www.barnardos.ie



Barnardos Family Support Project offers information, help and support to children, young people and their families in the Cherry Orchard area. Together with parents, we look at your family's strengths and support you to build on these.

When you come to our service, staff will meet with you, talk with you and see how we can support you.

Some of the ways we help mothers, fathers, carers and children include:

- Supporting parents to develop greater understanding and awareness of how key life experiences can impact on their family life e.g. bereavement, separation, new relationships
- Supporting parents to establish home management routines e.g. homework routine or help with budgeting
- Supporting parents/carers to understand and respond to their child's behaviour
- Helping parents/carers establish and use appropriate and consistent boundaries and routines in their parenting
- Supporting parents to play an active role in their child's development
- Promoting positive relationships for children with both parents
- Providing a listening ear for parents and children
- Providing opportunities for parents and their children to talk and play together
- Helping children to develop positive social skills, improve self-esteem and confidence through individual and group work
- Supporting children and parents to develop and enhance their self-esteem and confidence
- Supporting children and parents to develop and enhance their friendships, their coping skills and their ability to deal with conflict
- Helping children and families to identify and access services from other agencies