

PARENTS PLUS Healthy Families

A parenting course promoting healthy living.

For more information or to reserve your place for

February 2024

Please contact East Coast FRC: 041-9812230/ 087-6443364



Parents Plus is an Irish charity that develops practical, evidence-based parenting and mental health programmes. We train professionals working with children and families to deliver the programmes in communities and clinical settings. Our programmes support families to communicate effectively, build satisfying relationships and overcome emotional and behavioural problems.