

DUBLIN WEST QUARTERLY EVENTS

JANUARY - MARCH 2020

Parent-to-Parent Support Groups

Date	Time	Venue
9 th January	10am – 12pm	Balgaddy Family Centre
6 th February	10am – 12pm	Balgaddy Family Centre
20 th February	8pm – 10pm	Veronica's in Adamstown
5 th March	10am – 12pm	Balgaddy Family Centre

AGM

Join us for our 2nd Annual General Meeting on Tuesday 4th February from 8pm – 9pm at Adamstown Community Centre. Everyone welcome.
 If you are interested in joining the Committee please do get in touch.

Evening Get Together - Bring a Plate!

Date	Time	Host
24 th January	8pm – 10pm	Hailey's in Clondalkin
28 th February	8:30pm – 10:30pm	Jenny's in Clondalkin
27 th March	8:30pm – 10:30pm	Blanche's in Tallaght

Cuidiú+ Café Meet

These meets are for parents whose kids are in preschool and school. A chance for an uninterrupted chat, coffee and cake. Babes in arms welcome.

Date	Time	Venue
14 th January	10am – 12pm	Shoda, Maynooth
11 th February	10am – 12pm	East Village Café, Clondalkin

Nollaig na mban

Following the success of our night out last year we plan on doing another night out this year. Keep an eye on Facebook for Event details

Breastfeeding workshop

Tuesday 3rd March from 7pm – 9pm @ Adamstown Community Centre
 This workshop is aimed at parents-to-be and parents of babies up to 6 weeks. Partners and others supporting the breastfeeding parent are especially welcome. We'll cover topics such as what to expect in the early days, normal infant behaviour, how to get the breastfeeding relationship off to a great start, and what partners and others can do to help. See Facebook event for more details and how to book

Coffee Afternoons & Coffee Mornings

Please double check timing on each event for Coffee Afternoons and Coffee Mornings as some are outside the 2:30pm – 4:30pm and 10am – 12pm slots which have been happening in recent months

Mondays	Host	Fridays	Host
6 th January	Bernie's in Clondalkin AM	10 th January	Susan's in Lucan
13 th January	Grace's in Tallaght AM	17 th January	Niamh's in Lucan
20 th January	Bernie's in Clondalkin AM	24 th January	Orna's in Leixlip
27 th January	Niamh's in Tallaght	31 st January	Grace's in Tallaght
3 rd February	Host Required	7 th February	Susan's in Lucan
10 th February	Niamh's in Tallaght	14 th February	Su's in Clondalkin
17 th February	Su's in Clondalkin AM	21 st February	Jenny's in Clondalkin
24 th February	Host Required	28 th February	Orna's in Leixlip
2 nd March	Host Required	6 th March	Niamh's in Lucan
9 th March	Bernie's in Clondalkin AM	13 th March	Jenny's in Clondalkin
16 th March	None	20 th March	Orna's in Leixlip
23 rd March	Su's in Clondalkin AM	27 th March	Jessica's in Clondalkin
30 th March	Niamh's in Tallaght		

Breastfeeding Support Groups

Date	Time	Venue
6 th January	10am -12pm	Leixlip Library
20 th January	1pm – 3pm	Lucan Library
30 th January	8pm – 10pm	Lynn's in Leixlip
3 rd February	10am – 12pm	Leixlip Library
17 th February	1pm – 3pm	Lucan Library
27 th February	8pm – 10pm	Blanche's in Tallaght
2 nd March	10am – 12pm	Leixlip Library
23 rd March	1pm – 3pm	Lucan Library
26 th March	8pm – 10pm	Dee's in Celbridge

****Note: all events are subject to change, so please keep an eye on Facebook for confirmation of details****



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https://www.facebook.com/cuidiudublinwest/



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