



## TPSP Limerick

TPSP Limerick engages with young people who become parents when they are under 19 years of age and supports them to build their capacity as parents as well as completing their own development as adolescents moving towards early adulthood. See [www.tpsp.ie](http://www.tpsp.ie)

Support is offered in all areas of the young person's life - parenting, health, relationships, education, training, childcare, accommodation, social welfare entitlements, legal issues and anything else about which the young person is concerned.

The Teen Parents Support Programme Limerick is delivered through group peer support, one-to-one support and advocacy support. It offers information on a range of issues such as ante-natal and post-natal care, health, child development, accommodation, childcare, welfare rights and entitlements, education and training.

The Teen Parents Support Programme Limerick is a free and confidential service that can be accessed by any young person who is pregnant or who is a parent in Limerick City and County. This Programme is also open to supporting the partner or family of the young person.



The Limerick Social Service Council (LSSC) is one of the largest and longest serving community services in Limerick. It offers a range of services throughout communities in Limerick City and County across four broad groups:

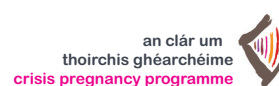
Early Years Services,  
Child & Family Service,  
Counselling Service and  
Older Person's Service.

The Programme is based at Limerick Social Service Centre at Upper Henry Street, Limerick. Individual and group support is provided at various venues throughout the City and County. Outreach support is also offered directly to clients in their homes.

**Opening hours:** Monday to Friday, 9.30am to 5.30pm

**Contact us** TPSP Limerick  
Limerick Social Service Centre  
Upper Henry St., Limerick  
**T.** 061 314111  
**E.** [cfsreferral@lssc.ie](mailto:cfsreferral@lssc.ie)  
**M.** 086 6020588  
[www.lssc.ie](http://www.lssc.ie) | [www.tpsp.ie](http://www.tpsp.ie)  
 TPSP Limerick

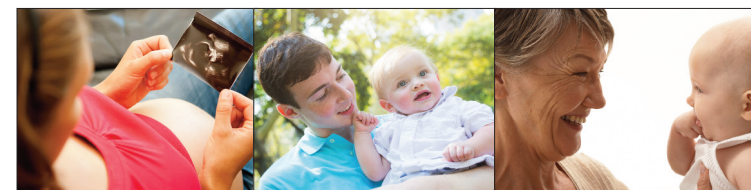
The Service is grant aided by



LSSC fundraising and voluntary contributions.



## Teen Parents Support Programme Limerick



promoting dignity and growth of all people

# TEEN PARENTS SUPPORT PROGRAMME LIMERICK

TPSP 'working together for positive change - promoting the self-worth and growth of individuals, families and groups'

## How does TPSP Limerick work?

You can contact the TPSP directly or anyone interested in your well-being, or the well-being of your child, may make contact on your behalf.

A project worker will meet you to discuss your needs and concerns and will support you to deal with them as far as possible. You can meet the project worker on your own, as a couple, with a member of your family or with anyone who is supporting you. Meetings may take place in your own home, at the TPSP office or somewhere else where you feel comfortable. You will be supported in a way that best suits your individual needs and the needs of your child. This may be on a one-to-one basis, through group activities or by putting you in contact with other sources of support.



TPSP



## What can Limerick TPSP offer you?

The various supports that can be offered through individual and/or group work include:

- Parenting programmes to suit the needs of young parents
- Support with ante natal care and classes
- Information workshops that are tailored to meet the needs and interests of young people
- Opportunity to meet other young parents through various group work programmes
- Parent and child centred activities
- Mediation
- Information on parental rights and welfare entitlements
- Assistance to remain in or return to education/training
- Grind and education related supports
- Support with childcare
- Support and information for grandparents

## How we can help

- We offer individual parent support
- We help with babies' routines
- We facilitate Parent and Baby/Toddler Groups
- We offer accredited Parenting Supports and Groups (e.g. Incredible Years Programme etc.)
- We provide Weaning Classes, Baby Massage Classes Group Work Programmes and Paediatric First Aid

A service for...

Expectant Parents | Young Mothers  
Young Fathers | Grandparents/Guardians



If you would like more information please complete the following in block capitals and return to

TPSP Limerick  
Limerick Social Service Centre  
Upper Henry St, Limerick

Teen Parent's date of birth

My child is due on

My child was born on

Name:

Address:

Telephone:

Referred by:  
Name:   
Telephone:   
Email:   
Date: