

**St. Michael's Family Centre  
Church Hill  
Sligo  
0719170329/087 3902661**

[stmichaelsfamilylifecentre@eircom.net](mailto:stmichaelsfamilylifecentre@eircom.net)  
[stmichaelsfamilylife.com](http://stmichaelsfamilylife.com)



Spring/ Summer

2019



## **SUPPORTED SERVICES**

### **PROFESSIONAL COUNSELLING SERVICE**

St. Michael's Family Centre provides a counselling service to:

- children,
- families,
- couples
- individuals

Counsellors are available by appointment and, as far as possible, at times convenient to the client including some evening appointments. They are fully qualified and professionally accredited. The service is donation based -the donation being decided between client and counsellor.

You do not need an official referral. A waiting list applies but we try to keep this as short as possible.

Children (U-18) get priority.

Please contact the office on 071 9170329 if you wish to make an appointment. Out of office hours, please leave a message and we will get back to you.

You may also email your details to [stmichaelsfamilylifecentre@eircom.net](mailto:stmichaelsfamilylifecentre@eircom.net).

### **PLAY THERAPY SERVICE**

A TúsLA Child & Family funded Play Therapy Service is available in the Centre. Referrals come through Child and Family Agency, TúsLA. A small number of referrals from schools and other agencies may be available at times. An agreed donation applies to non-TúsLA referrals

Please contact us for details.

### ***R.I.P.***

*We remember the following relatives of friends and supporters of St. Michael's who died recently;*

*Peggy Keaveney mother of Noel,  
Niamh Ginger, daughter of Maureen Keane, ,  
Finbarr O'Donnell, brother of Peadar.*

*May they rest in Peace.*

## **MORNING PROGRAMMES**

### **MEDITATION FOR LENT** *Madeleine Morris*

Lent can be an opportunity to take some time to look at where we are in life, a time to enjoy some quiet contemplation and peace. This is a gentle silent form of prayerful meditation during the Lenten period to help prepare for Easter. All are welcome. **Tuesday 19<sup>th</sup> March to 9<sup>th</sup> April at 11a.m.** Cost: A voluntary contribution.

### **ART CLASS**

*Karen Burns*

This art class which has been taking place in St. Michael's for a number of years is very popular and is suitable for both beginners and those who have some experience. The medium used is Acrylics and the tutor will cater for a range of abilities in a relaxed and friendly atmosphere. So if you would like to try your hand at painting or develop your artistic side, this course may suit you. **8 Monday mornings 10-12pm starting 28<sup>th</sup> January.** Cost: €90

### **BRIDGE CLUB**

*Peadar O'Donnell*

We welcome back all our bridge clubs members! Wednesday and Thursday Clubs resumes on January 9<sup>th</sup> and 10<sup>th</sup>. The Wednesday group is fully subscribed but a few places are available in the Thursday morning group for players with some experience. This group is not suitable for beginners but we hope to start a small beginners group on Wednesday 16<sup>th</sup> January. Cost: €70 for 14 weeks

### **YOGA NIDRA COURSE**

*Emma Kennedy*

Yoga Nidra is a highly effective and gentle practice known to reduce tension, anxiety and stress symptoms

in the body whilst developing a deeper mind-body-soul connection through presence and awareness. Classes will include gently breathwork and guided meditation and can be done lying down or seated. This group has proven very popular and participants have emerged relaxed and energised! **8 Thursday mornings 12.15-1.15 starting 31st January.** Cost: €80 per 8 weeks

### **MORNING BOOK CLUB**

The St. Michael's Morning book club resumes on Wednesday 16<sup>th</sup> January at 11am and will meet on **2<sup>nd</sup> Wednesdays** of the each month **at that time.** Some places may be available so please enquire at office. Cost: A voluntary contribution

### **YOUR HEALTH MATTERS** *Dr.Naimj Gambi*

Do you feel it's about time to change something in your life, feel better and live better but are not sure where to start or how to achieve your goals? This course will help you understand how choosing the right nutrition and lifestyle options can change your life for good! If you want to lose weight, feel more energised, sleep better, eat healthier, feel more balanced and improve your general health this course can help. You will learn how to make the right dietary and lifestyle choices that will bring you where you would like to be with your better self. You will also learn the basics of healthy cooking, with smart tips and tasty recipes, because eating healthy doesn't have to be boring or plain!**8 Monday mornings at 10.30am starting March 25<sup>th</sup> 4 weeks before and 4 after Easter.**

Cost: €80

### **CREATIVE WRITING GROUP**

This group is for writers, beginners and experienced and all who may wish to write in the supportive atmosphere of a group. It is not a course but tips will be given and advice accepted from all members. Like any group there will be a few rules and some guidelines but the basic tenet of the group is to offer writers an opportunity to meet as a group and write.

Sometimes it helps to have a specific day and time to write and this group will provide that. The suggested time is 2 hours to include a break for tea. The suggested day is Monday at 10am starting January 28<sup>th</sup>. The group will go ahead if there are 4 plus interested and will ask for a weekly donation of €5 to cover the cost of the room and tea.

## **AN INTRODUCTION TO GENEALOGY:**

*Eileen Sheridan*

How much do you know about your ancestors? Would you like to start researching where you came from? It is true that ***we are who we are because they were who they were***. This course is for beginners who wish to look at the sources available and to share their own family story if they wish. We will check out the variety of sources including the Census's and government sites. It is presumed that there is no prior knowledge but is also suitable for those who have done some work on their family history. Participants are encouraged to bring along any names they wish to research. **6 Tuesday at 10.30am-12, starting February 5<sup>th</sup>**. Cost: €60

## **EVENING COURSES**

### **MANAGING YOUR EMOTIONAL HEALTH**

*Pernille Burns*

Our emotional health is important in helping us to become aware of our thoughts and feeling and how to manage these.. Emotions such as anger, depression, sadness and stress are part of all our lives but knowing how to deal with them is what makes us emotionally healthy. This course will look at ways of becoming aware of our emotions and of how we react to them. It will include tips on managing stress, taking care of our physical health as a means of supporting our mental health and methods of expressing our negative emotions in appropriate ways. **6 Wednesday evenings 7-9pm starting Wednesday 27<sup>th</sup> February**. Cost: €80

## **COMMUNITY GARDEN COURSE** *Natascha Telford*

As the growing season approaches, this course will take participants on a journey of discovery. As a participant in this course you will join our core group of gardeners and learn from their experience under gardener Natascha. At the end of the 10 weeks you may, if you wish, continue to work in the garden until the end of the season. **10 Thursdays at 3pm starting 21<sup>st</sup> March** Cost: €70

## **BEREAVEMENT SUPPORT GROUP**

Bereavement can leave us feeling raw and vulnerable. It can be helpful to meet others going through a similar experience, to talk and share feelings and coping strategies. This support group will run over 4 weeks in February subject to numbers enrolling. It will be informal and participant led with time for talking and listening in a confidential setting. Please contact the Centre 0719170329 for details.  
Cost: A voluntary contribution.

## **ART CLASS**

*Karen Burns*

This art course is aimed at beginners and those with limited experience of painting. It aims to give participants an introduction to painting with acrylics and help them to explore their artistic side. Everybody can paint so why not come along and explore your artistic talent ! **6 Tuesday nights 7.30-9.pm starting April 30<sup>th</sup>**

## **YOGA NIDRA**

*Emma Kennedy*

Yoga Nidra is a highly effective and gentle practice known to reduce tension, anxiety and stress symptoms in the body whilst developing a deeper mind-body-soul connection through presence and awareness. Classes will include gently breath work and guided meditation and can be done lying down or seated. **8 Thursday evenings 5.30-6.30pm** starting 31st January Cost: €80 per 8 weeks

## **MONDAY BOOK CLUB**

The evening book club meets on the last Monday of the month at 7.30pm resuming **28<sup>th</sup> January**. A small number of places may be available—enquire at office for details Cost: A voluntary donation

## **HAPPY SEEDS TO SOW AND GROW TOGETHER**

*Lorraine Kerins*

Gardening can enhance wellbeing and so support mental health and helps combat stress and anxiety. This 6-week course is a continuous lesson from basic seed sowing to seedlings to transplanting into larger containers. The aim is to start small with planting seeds in pots and recyclable containers. The course will provide inclusiveness and a calming environment. Everyone will work and learn together. The idea is that adult and child attend together and learn by doing. The children will learn to take instructions, stand back and wait their time, read instructions, read labels, write down the plants they want to grow, learn to order. The adult, attending with this child, in a group situation, can be the parent, grandparent, aunt or uncle, older brother or sister. **6 Thursdays 4-5.30** starting 7<sup>th</sup> March. Cost: €60 per adult + child.

## **COMPUTER CLASS**

*Oliver Sheridan*

This course is suitable for beginners and those with some experience of computers. It will cover the basic beginner skills and how to make the best use of your computer for everyday communication and learning. If you have a laptop please bring it along, if not we can supply one. Please note this is a 2 hour class and numbers are limited. **6 Wednesday evenings 4.30-6.30 pm starting 30<sup>th</sup> January**. Cost: €60

## **WEEKEND PROGRAMMES**

### **RUSH AND STRAW WORKSHOP FOR ST BRIGID'S DAY**

*Steffi Otto*

This half day course will look at St. Brigid and the traditions associated with her. Participants will learn

how to make different types of crosses from rushes and straw and their own special interests will get taken into account. Other items will include "biddy dolls", simple straw dolls used by the "biddy boys" to honour and represent St. Brigid. Steffi will show how rushes were peeled, pulled through animal fat to produce rush lights (the "poor man's candle") and what "the return of light" meant in those days when no electricity was available. It promises to be a fun morning of coming together to explore and share time, skills and knowledge. Check out [heritagecraftalive Facebook page](#). **Saturday 26th January 10am to 1pm** Cost: €30

### **HEARTSAVER CPR AED/DIFIBULATOR MORNING**

*Premier Fist Aid*

We can, at any time, be faced with an emergency whether at home or out in the community and the first few minutes following an accident are crucial. The treatment a casualty receives or safety procedure implemented in this time can affect their outcome. It could mean the difference between life and death. This training will empower you to react with greater confidence in the event of an emergency. The skill learned can be applied to adults, children and infants. All instructors are skilled and accredited.

**Saturday 9<sup>th</sup> February 10-1.30. Cost: €50**

### **THE OPTIMISTIC CHILD—FROM TODDLER TO TEEN AND INBETWEEN**

*Pernille Burns*

It has been proven that optimistic children do better at school, at sports and are healthier mentally and physically than those with a more pessimistic outlook on life. This one day course aims to help parents develop coping strategies suitable for children over a wide age range. These skills will help parents instil in their children an optimism which will help them in every aspect of their lives, safeguarding them against depression and building resilience when faced with bullying and other challenges. **Saturday 9<sup>th</sup> March 10.30am- 4 p.m.** Cost: €30 to include a light lunch.

## **INTRODUCTION TO THE ENNEAGRAM — 2 DAY WORKSHOP**

*Therese Ryan*

The Enneagram is a tool for self-understanding and growth. This introductory workshop will introduce people to the background of the Enneagram. We will discuss the three centres of intelligence: the head, the heart and the gut and how they affect how we interact with the world. We will examine how the nine numbers of the Enneagram present to us, how they relate to others, and understand why each number behaves in a particular way. We will also explore the special gift of the Enneagram; the paths to growth for each number. I hope that each participant will finish the weekend with greater compassion for themselves and others. This is a 2 day workshop **Saturday 6<sup>th</sup> and Sunday 7<sup>th</sup> April 10am to 4.30**. Light lunch is included on each day. Cost: €100 for the two days

## **WORKING WITH FLOWERS FROM YOUR GARDEN**

*Annette Coleman*

Enjoy a flower arranging workshop making your own beautiful hand tied bouquet. Annette will show you how to cut, when to cut and lots of tips on growing your own flowers for cutting and how to make your flowers last longer. Annette will provide the flowers from her own garden. Please check out Annette's Facebook page for further details of her work. [www.facebook.com/sligogardenflowers](http://www.facebook.com/sligogardenflowers) **Saturday 11<sup>th</sup> May 10.30-4pm**. Cost: €65 to include a light lunch.

## **OTHER SERVICES**

**GROW** is a confidential support group which promotes good mental health through a twelve step programme of personal maturity and growth. Enquiries, in confidence, to 086 8516939 or 074 9161628. Meetings are held at **10:30 on Tuesday Mornings** and at **7:30 on Wednesday evenings**. No introductions are needed, just come along. No membership fees or dues are charged. All Welcome

## **SLIGO SPEECH THERAPY**

This Private Speech and Language Therapy service offers a high quality and highly individualised service to children from infancy to adolescence who present with speech, language and/or social communication difficulties. These may present in isolation or be associated with a diagnosis such as Developmental Delay, Learning Disability or Autism Spectrum Disorder. Please note this is a **PRIVATE SERVICE** and all enquiries are made directly to 087 6570981

## **A GIFT WHEN YOU NEED IT**

Friends of the centre who are qualified in holistic therapies have volunteered some sessions regularly over the years to help people who may be going through stressful times. If you are a qualified holistic therapist and would like to volunteer a few hours of your time each month, we would welcome you to get in touch at 071-9170329

## **ROOM RENTAL**

In order to fund the services of the Centre, St Michael's rents rooms to individuals, groups and organisations. Our rates are reasonable and the centre is available until 10pm each night. Please contact the office 0719170329 for details and availability.

## **SUPPORT GROUPS**

**A.A**            **TUESDAY @ 1PM**  
**WEDNESDAY @ 7.30**  
**SATURDAY @ 1PM**  
**SATURDAY @ 8.30PM**  
**SUNDAY @ 11.30AM**

**G.A**            **SUNDAY @ 7PM**  
**TUESDAY @ 7PM**  
**THURSDAY @ 8.30PM**

**GAM ANON: SUNDAY @ 7PM**

**GROW:**        **TUESDAY @ 10.30AM**  
**WEDNESDAY @ 7.30PM**

**NA:**       **MONDAY @8.30**  
**WEDNESDAY@8PM**  
**FRIDAY@7.30**  
**SATURDAY 6-7PM**  
**SUNDAY @ 6-7PM**

**AL ANON:** **WEDNESDAY @8.30**  
**SATURDAY @12.30PM**  
**SUNDAY @ 11.45 a.m.**

- **TOP (TRIUMPH OVER PHOBIA):**  
**WEDNESDAY @ 8p.m.**

## **RAINBOWS**



This is a programme of support for children and teenagers who have experienced the loss of a parent through separation or death. It is facilitated by caring adults who are specially trained for this work. Contact 071 9170329 for enrolment details.

**We currently need more volunteer facilitators for Rainbows so Please contact us if you feel this would interest. 4 days of training will be involved**

## **ENROLMENT FOR COURSES:**

**Phone 071  
9170329;**

**email:**  
*stmichaelsfamilylife  
centre@eircom.net  
www.stmichaelsfam  
ilylife.com*



**Call in person**

**during office hours  
9.30am-4.00pm Monday-Thursday  
9.30-3pm Friday**

**All enrolments are on first come basis and will  
continue while places are available.**

**Non-refundable deposit of €20 applies to  
Saturday seminars are payable at enrolment**

**Full payment at enrolment for all other courses  
Minimum numbers needed for all courses.**

**Some courses have limited availability.  
Where a course is cancelled by the Centre a full  
refund will be given.**

**All Saturday workshops include a light lunch**