

FOREWORD

I congratulate the Family Support Agency on updating and publishing this edition of "Support for Families" Directory. The publication details organisations dedicated to promoting family support among local communities, supporting ongoing parenting relationships for children and helping prevent marital breakdown, all of which are core values of the Family Support Agency.



Specifically, this Directory provides a comprehensive guide to local voluntary and community groups providing marriage counselling, marriage preparation programmes, child counselling and bereavement counselling and support. It also includes details of the Family Mediation Service now available in 14 centres around the country and a further 2 centres which are opening in mid 2006, as well as local Family Resource Centres and Law Centres of the Legal Aid Board providing legal aid and advice.

With over 600 entries, the Directory will be a valuable source of information for Lawyers, Citizens Information Centres, Family Resource Centres, families themselves, and the hundreds of local community organisations which provide information and advice to them.

All of the organisations and support groups listed in this guide play a pivotal and valued role in helping families and individuals cope during what can be particularly stressful times in their lives and relationships.

I would like to take this opportunity to thank all the voluntary organisations and local groups which supplied details for inclusion in the Directory and for the time which they give so generously in supporting, encouraging and advising families and individuals in their local communities.

Séamus Brennan
Minister for Social and Family Affairs

March 2006

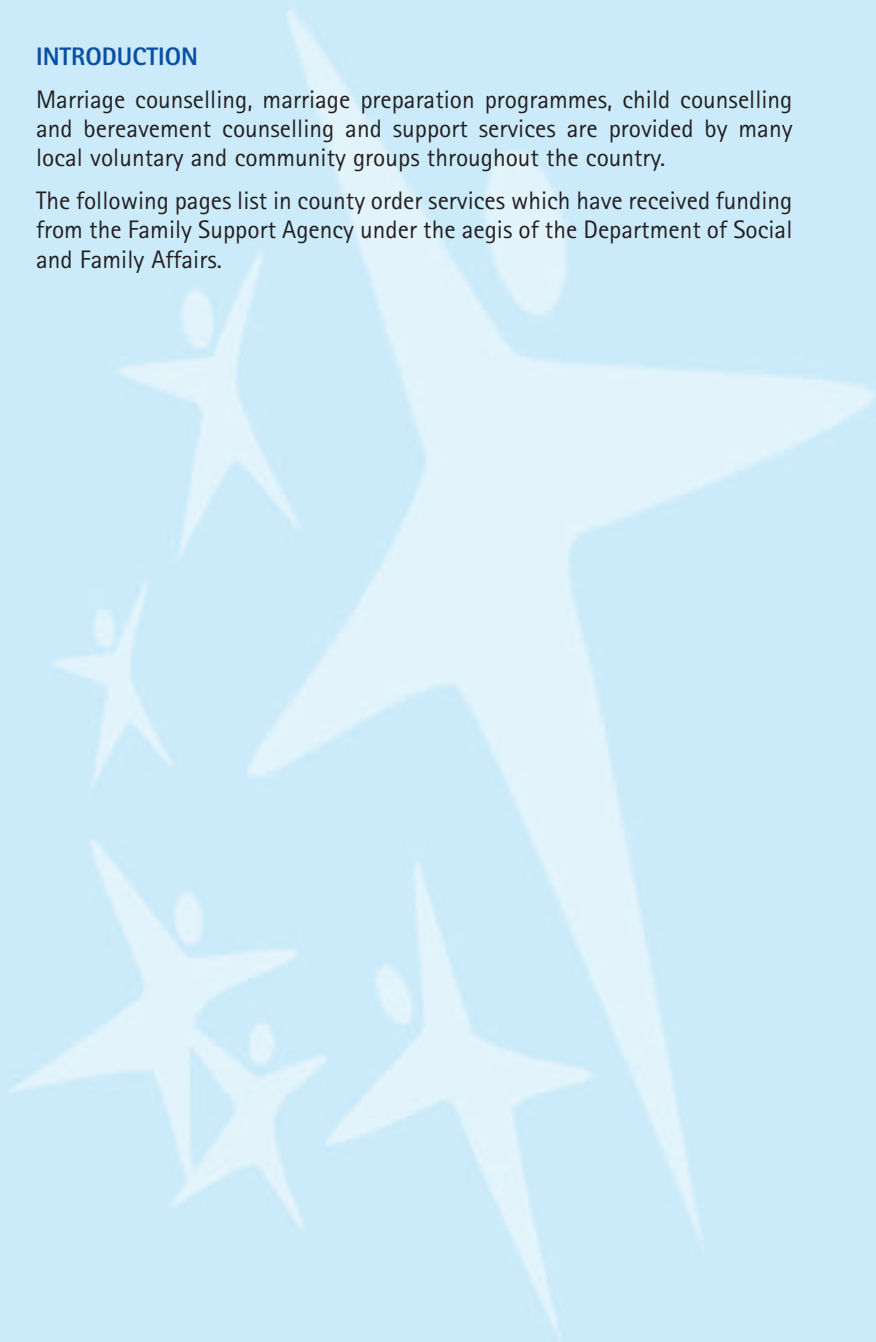
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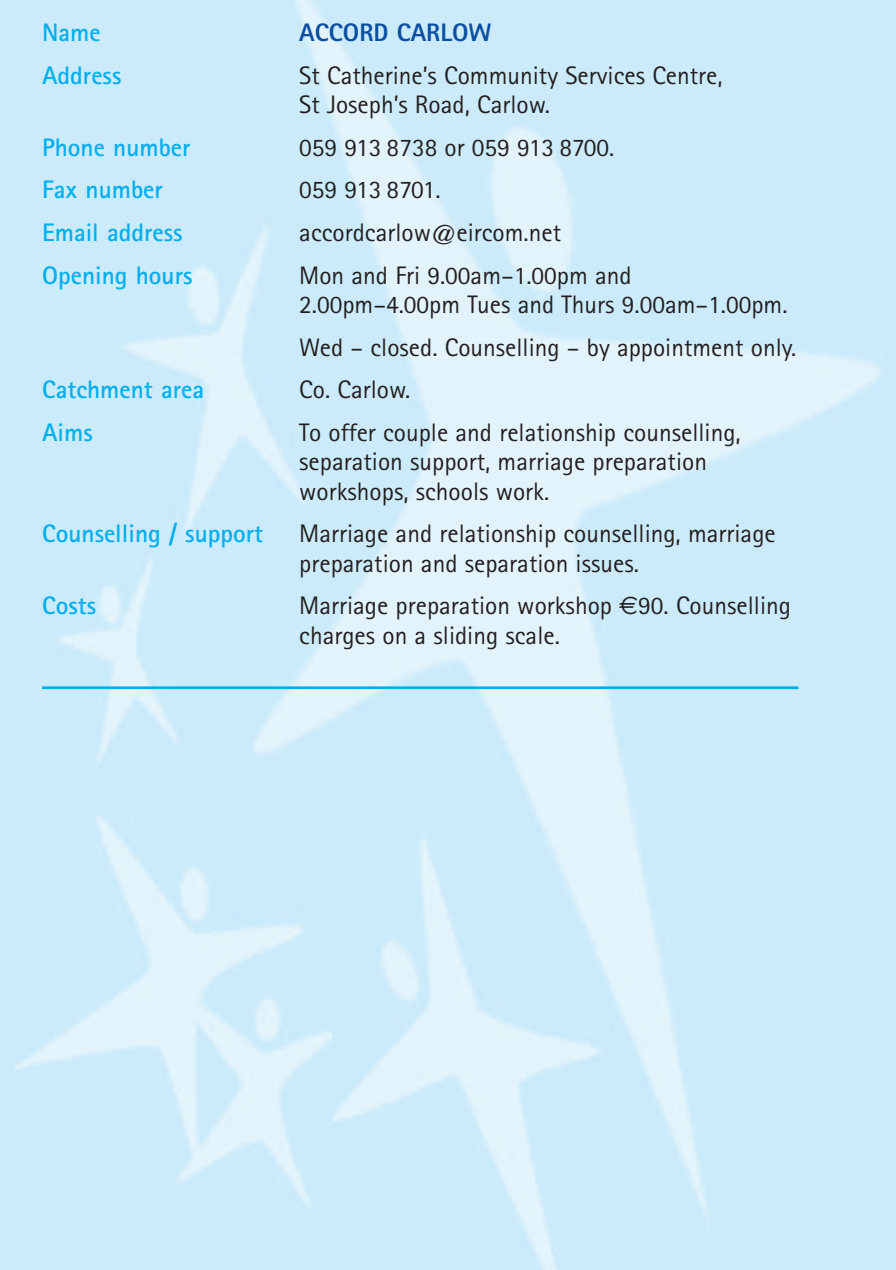
INTRODUCTION

Marriage counselling, marriage preparation programmes, child counselling and bereavement counselling and support services are provided by many local voluntary and community groups throughout the country.


The following pages list in county order services which have received funding from the Family Support Agency under the aegis of the Department of Social and Family Affairs.



CARLOW



Name	ACCORD CARLOW
Address	St Catherine's Community Services Centre, St Joseph's Road, Carlow.
Phone number	059 913 8738 or 059 913 8700.
Fax number	059 913 8701.
Email address	accordcarlow@eircom.net
Opening hours	Mon and Fri 9.00am–1.00pm and 2.00pm–4.00pm Tues and Thurs 9.00am–1.00pm. Wed – closed. Counselling – by appointment only.
Catchment area	Co. Carlow.
Aims	To offer couple and relationship counselling, separation support, marriage preparation workshops, schools work.
Counselling / support	Marriage and relationship counselling, marriage preparation and separation issues.
Costs	Marriage preparation workshop €90. Counselling charges on a sliding scale.



Name	CARLOW REGIONAL YOUTH SERVICES LTD
Address	Kennedy Street, Carlow.
Phone number	059 913 0476.
Fax number	059 914 0903.
Email address	carlowys@iol.ie
Website	www.carlowys.ie
Opening hours	Monday to Friday 9.30am – 8.00pm.
Catchment area	Carlow town and county.
Aims	To promote and support community based youth work and to provide programmes and supports for young people in particular those who are "at risk" or in need of particular attention at a given time.
Counselling / support	Counselling for young people in areas such as adolescence / family, bullying, family breakdown, divorce, domestic violence, relationships, crime, etc.
Other services offered	Youth Work programmes, training for youth leaders and a drop-in centre for young people.
Costs	Free.

Name	CARLOW WOMEN'S AID
Address	1B, Acorn Business Centre, Staplestown Road, Carlow.
Phone number	1800 444 944 Freephone. 059 913 0990 Office.
Fax number	059 9130990.
Email address	carlowomensaid@hotmail.com
Opening hours	Monday to Friday 9.30am – 12.30pm and 2.00pm – 4.30pm.
Catchment area	Carlow town, county and hinterland – Baltinglass, Castlecomer, Athy areas.
Aims	To provide support and information to women and their children experiencing (or who have experienced) violence and abuse.
Counselling / support	Support and Information on helpline and one-to- one visits. Free therapeutic counselling – Family therapist.
Other services offered	Court accompaniment. Other accompaniments. Advocacy.
Costs	Free. Donations welcome.


Name	RAINBOWS ASKEA
Address	Askea Parish Community Centre, Askea, Carlow.
Phone number	059 914 2565.
Fax number	059 914 2565.
Email address	askeaparishcc@eircom.net
Catchment area	Carlow and surrounding areas.
Aims	To help children and young people understand their grief caused by death, separation or other painful trauma and to offer an opportunity for healing.
Counselling / support	Peer support group with the programme facilitated by a trained adult volunteer.
Costs	Free.

Name	RAINBOWS GRAIGUECULLEN CENTRE
Address	C/O St Fiacc's National School, Killeshin Road, Carlow.
Phone number	059 913 7105.
Opening hours	January to April 4.30pm – 5.30pm.
Catchment area	Carlow, Tullow, Graiguecullen and surrounding districts.
Aims	To help children who are coming to terms with bereavement, separation or any painful transition.
Counselling / support	Support through groups led by a trained facilitator.
Costs	Free.

Name	RAINBOWS COLÁISTE EÓIN, HACKETSTOWN
Address	Coláiste Eóin, Hacketstown, Co. Carlow.
Phone number	059 647 1198.
Fax number	059 647 1263.
Email address	cestaff.ias@eircom.net
Opening hours	School hours.
Catchment area	Hacketstown, Knockanana, Clonmore and surrounding areas.
Aims	To support students who have experienced loss / grief in their lives through death / separation. A 12 week course is offered by trained facilitators.
Counselling / support	Grief / Loss support.
Costs	Free.

Name	RAINBOWS IDRONE
Address	C/O The Parish Office, Bagenalstown, Co. Carlow.
Phone number	059 972 1154.
Opening hours	After school 3pm or 4pm.
Catchment area	Bagenalstown, Paulstown, Leighlinbridge.
Aims	To be a support to children who are bereaved through death of parent or break-up of family.
Counselling / support	Rainbows support.
Costs	Free.

Name	TALK IT OVER (CARLOW)
Address	C/O Castle Hill, Carlow.
Phone number	086 336 4961 or LoCall number: 1850 201 249 (Southeast area only).
Email address	talkitover@02.ie
Opening hours	By appointment.
Catchment area	Carlow, Tullow and Co. Carlow.
Aims	To provide a support service for people who have been bereaved by suicide or sudden death.
Counselling / support	Bereavement support and listening service.
Other services offered	Service also provided for people suffering a general bereavement.
Costs	Free.



Name	TEACH BHRIDE
Address	Tullow, Co. Carlow.
Phone number	059 915 2465.
Fax number	059 915 2465.
Email address	teachbhride@eircom.net
Opening hours	Monday, Wednesday, Friday 9.00am – 6.00pm. Tuesday & Thursday 9.00am – 9.00pm.
Catchment area	Tullow and wider Carlow area / National.
Aims	Support people to live full and meaningful lives, develop the whole person and support people in times of difficulty. Support family life and promote better relationships among people.
Counselling / support	Individuals, couples, family therapy, addictions, sexuality, bereavement, illness, self-esteem, depression, etc.
Other services offered	Courses in assertiveness, self-esteem, personal development, bereavement, etc.
Costs	A sliding scale €5 – €40 per 1 hour session.

CAVAN

Name	ACCORD CAVAN
Address	Kilmore Diocesan Pastoral Centre, Cullies, Co. Cavan.
Phone number	049 437 5004.
Email address	cavanaccord@eircom.net
Opening hours	Counselling by appointment.
Catchment area	Diocese of Kilmore.
Aims	We aim to promote a better understanding of Christian marriage and to help people to initiate, sustain and enrich their marriage and family relationships.
Counselling / support	Marriage and relationship counselling, pre marriage courses, bereavement and loss counselling.
Other services offered	Schools relationship and sexuality programme. Primary 6th class and post primary leaving certificate.
Costs	Free. However, an agreed fixed donation is expected after each session where possible.

Name	CAVAN FAMILY RESOURCE CENTRE
Address	Family Resource Office, Main Street, Cavan.
Phone number	049 437 1363.
Opening hours	Monday to Friday 10.00am – 4.00pm.
Catchment area	Cavan and environs.
Aims	To meet the needs of the 'Family' in its many and changing forms, at all stages of development irrespective of class, creed, gender or age.
Counselling / support	Marriage counselling, bereavement counselling, suicide bereavement support.
Other services offered	Rainbows, Beginning Experience, parenting programmes.
Costs	Free. Donations welcome.

Name	KILLESHANDRA COMMUNITY COUNCIL LTD.
Address	Resource Centre, Main Street, Killeshandra, Co. Cavan.
Phone number	049 433 4983 or 049 433 4990.
Fax number	049 433 4032.
Email address	marieoreillydo@oceanfree.net
Opening hours	Monday to Friday 9.00am – 5.00pm.
Catchment area	Killeshandra and surrounding areas.
Aims	To undertake the planning process for the economic and social development of Killeshandra and its hinterland of west Cavan. KCC provides support, education and development services. The overall aim is towards regeneration and enhancement of community living.
Counselling / support	Marriage, child and bereavement counselling.
Other services offered	An information development office, childcare, parent / toddler, elderly day care, training, personal development, women's groups and links to social services.
Costs	Voluntary donation.



Name	KINGSCOURT BEREAVEMENT SUPPORT GROUP
Address	Parochial House, Kingscourt Co. Cavan.
Phone number	042 966 7314.
Fax number	042 966 8141.
Email address	info@kingscourtparish.com
Opening hours	Tuesday to Friday 10.00am – 5.00pm or by appointment.
Catchment area	Kingscourt parish and neighbouring parishes.
Aims	To provide support to those who are bereaved through a 5 week bereavement healing programme. To be available in the event of a request at any time.
Counselling / support	Bereavement support.
Other services offered	House visitation on request of client.
Costs	Free.

CLARE

Name	ACCORD ENNIS
Address	Clarecare, Harmony Row, Ennis, Co. Clare.
Phone number	065 682 4297 Callsave: 1850 585 000 (Killaloe Diocese only).
Opening hours	Monday to Friday 9.30am – 3.00pm. Counselling until 9.00pm.
Catchment area	Co. Clare, Nenagh, Roscrea, and part of Birr (Killaloe dioceses).
Aims	To support marriage through preparing couples and offering remedial help where needed.
Other services offered	Marriage counselling, marriage preparation, psychosexual counselling.
Costs	Sliding scale.

Name	AMETHYST RESOURCE FOR HUMAN DEVELOPMENT
Address	Ballybroghan, Killaloe, Co. Clare.
Phone number	061 376 331 or 061 374 926.
Email address	amethyst@iol.ie
Website	www.holistic.ie/amethyst
Opening hours	By appointment – daytime / evenings / weekends.
Catchment area	Killaloe and outlying regions of Clare / Tipperary / Limerick.
Aims	The objectives of the centre are “the deployment of educational and therapeutic skills incorporating training in counselling, healing, interpersonal skills and personal growth”.
Counselling / support	Humanistic and integrative, individual, bereavement, grief, relationship problems.
Other services offered	Trauma due to war, illness, separation and adoption or fostering, sexual abuse, work with babies, children, adolescents and adults.
Costs	Sliding scale.



Name	CLARECARE
Address	Harmony Row, Ennis, Co. Clare.
Phone number	065 682 8178.
Fax number	065 684 1310.
Opening hours	Monday to Friday 9.30am – 5.00pm. Refuge open 24 hours.
Catchment area	Co. Clare.
Aims	To provide a wide range of voluntary social services to the people of county Clare.
Counselling / support	Bereavement, open door counselling, service for personal development, recovery from addiction, domestic violence and child sexual abuse.
Other services offered	Addiction treatment centre at Bushypark, Ennis.
Costs	Donations welcome.

Name	CLARE HAVEN SERVICES
Address	Unit 3 Riverview, New Road, Lifford, Ennis, Co. Clare.
Phone number	Office: 065 684 2646. 24 hour confidential Helpline: 065 682 2435. 24 hour Refuge accommodation: 065 684 9777.
Fax number	065 684 2654.
Email address	chaven@eircom.net
Website	www.clarehaven.ie
Opening hours	Monday to Friday 9.30am – 5.00pm.
Catchment area	Co. Clare and referrals nationally / internationally.
Aims	To provide emergency Refuge accommodation, information and support to women and their children experiencing domestic violence / abuse.
Counselling / support	One-to-one therapy for children and counselling for women who have experienced domestic violence / abuse.
Other services offered	Refuge accommodation, confidential helpline, court accompaniment, childcare, outreach clinics, educational programmes, awareness and prevention workshops, training to statutory, voluntary and community groups, support groups and referrals.
Costs	Counselling is free.

Name	COMPASS
Address	1 Bank Place, Ennis, Co. Clare.
Phone number	065 686 8766.
Email address	compassclare@eircom.net
Opening hours	Monday to Friday 10.00am – 1.00pm and by appointment.
Catchment area	Co. Clare.
Aims	To provide a counselling and befriending service to the people of Clare.
Counselling / support	Bereavement counselling and support, stress and relationship counselling.
Costs	Free.

Name	CONGRESS INFORMATION & OPPORTUNITIES CENTRE
Address	Springfield House, Harmony Row, Ennis, Co. Clare.
Phone number	065 684 1009.
Fax number	065 684 2132.
Email address	cioc@eircom.net
Website	www.ciocennis.org
Opening hours	Monday to Friday 9.00am – 5.00pm Day and Evening sessions.
Catchment area	Co. Clare.
Aims	The aim of the group is to facilitate the process of personal growth and self determined change, while at the same time having the support of the therapist and other group members.
Counselling / support	Marriage and relationship counselling, bereavement counselling.
Costs	Free.

Name	EAST CLARE COMMUNITY CO-OP
Address	Main Street, Scariff, Co. Clare.
Phone number	061 921 536.
Opening hours	Monday to Friday 9.00am – 5.00pm.
Catchment area	East Clare.
Aims	Support community development and provide services for the community.
Counselling / support	Relationship counselling, child counselling.
Other services offered	Provide space for community groups.
Costs	Donations welcome.

Name	RAINBOWS SHANNON
Address	St Conaire's Primary School, Shannon, Co. Clare.
Phone number	061 364 694.
Opening hours	Monday to Friday 2.30pm – 3.30pm.
Catchment area	Shannon.
Aims	Peer support for children who suffer bereavement through death, separation or major loss in the family.
Counselling / support	Bereavement support.
Other services offered	Referral to counsellors if the need arises.
Costs	Free.

Name	STRENGTH THROUGH EVERY MEETING (STEM)
Address	River's Leap, Corofin, Co. Clare.
Phone number	087 638 3988.
Email address	paulinebrad@eircom.net
Catchment area	Co. Clare.
Aims	To provide bereavement therapy and relationship group counselling to people on low income.
Counselling / support	Bereavement counselling, relationship counselling for groups.
Costs	Free.

CORK

Name	THE ALZHEIMER SOCIETY OF IRELAND
Address	Unit 2, N.O.F. Commercial Centre, Kilnap, Mallow Road, Cork.
Phone number	021 439 1690 (National Helpline number: 1800 341 341 Monday – Friday 10.00am – 4.00pm).
Fax number	021 439 1693.
Email address	alzheimercork@eircom.net
Website	www.alzheimer.ie
Opening hours	Monday to Friday 9.00am – 5.00pm.
Catchment area	North Cork, Cork City (north and south Lee), West Cork, Kerry.
Aims	To raise public awareness and provide information – to provide quality dementia specific care to support carers and families of people with dementia – to campaign for better statutory services for younger people with dementia – to represent the views, needs and concerns of all affected with dementia.
Counselling / support	Day care centres, home care service, information and advice and individual counselling.
Costs	Vary.

Name	CARI FOUNDATION CORK
Address	Dominican Centre, Pope's Quay, Cork.
Phone number	061 413 331 (National Lo-call Helpline: 1890 924 567)
Fax number	061 431 536.
Email address	caritherapists@eircom.net
Website	www.cari.ie
Opening hours	Monday & Tuesday 9.30am – 5.30pm.
Catchment area	Cork City, county and surrounding areas.
Aims	<p>CARI's primary aim is to provide professional, child centred support and long-term therapy and young people who have experienced child sexual abuse.</p> <p>We also provide support, counselling and therapy to non-abusing family members / carers or groups affected by child sexual abuse.</p>
Counselling / support	Child, marriage and bereavement counselling, group work, crisis counselling, advice appointments, support services and therapy for children and their non-abusing family members as appropriate. Individual therapy and art / play / sand therapy for children and young people affected by child sexual abuse.
Other services offered	Lo-call Helpline 1890 924567 providing advice and information for anyone who has concerns about child sexual abuse or child protection issues. Preventative education for young people / schools. Awareness programmes for professional and groups. Training and consultancy to professional and groups.
Costs	CARI aims to provide our services to anyone who needs them regardless of their means. As such, we suggest a nominal fee where appropriate but this is negotiable and donations are always welcome.



Name	CORK COUNSELLING CENTRE
Address	7 Fr. Matthew Street, Cork.
Phone number	021 427 4951 or 021 427 3995.
Fax number	021 427 0526.
Email address	info@thecounsellingcentre.ie
Website	www.thecounsellingcentre.ie
Opening hours	Monday to Thursday 9.00am – 5.00pm. Friday 9.00am – 4.00pm.
Catchment area	Munster.
Aims	To provide a fully professional counselling service to all of the community regardless of people's financial circumstances, religious beliefs and / or nationality.
Counselling / support	Marriage counselling, child counselling and bereavement counselling.
Other services offered	Parental counselling and support post separation counselling, sexual abuse, victims of violence. All counselling with exception of addiction.
Costs	Sliding Scale €20 – €60. All fees negotiable.



Name	CORK MARRIAGE COUNSELLING CENTRE
Address	34 Paul Street, Cork.
Phone number	021 427 5678.
Fax number	021 427 4917.
Email address	cmccpaul@eircom.net
Opening hours	Monday to Friday 9.30am – 5.00pm (Office) 9.30am – 9.00pm (Services).
Catchment area	Cork City and county.
Aims	To provide counselling and support services to individuals, couples, children and families with particular emphasis on marriage counselling, separation counselling and family therapy.
Counselling / support	Marriage counselling (couple and individual) marriage preparation, family therapy.
Other services offered	Parents in marital breakdown, domestic violence intervention, rebuilding after separation / divorce, marriage enrichment.
Costs	Sliding Scale.

Name	FAMILY MINISTRY
Address	The Family Centre, 34 Paul Street, Cork.
Phone number	021 427 5136.
Email address	familyministry@eircom.net
Opening hours	Monday to Friday 10.00am – 1.00pm and 2.00pm – 4.00pm.
Catchment area	Diocese of Cork and Ross.
Aims	To provide support and training in the areas of bereavement, parenting and family studies.
Counselling / support	Bereavement counselling and grief support programmes for adults and children. Child counselling.
Other services offered	Course in family studies, parenting courses / leadership skills, training for bereavement support groups.
Costs	On request for different programmes.

Name	THE IRISH FRIENDS OF THE SUICIDE BEREAVED
Address	The Planning Office, St Finbarr's Hospital, Douglas Road, Cork.
Phone number	021 431 6722.
Fax number	021 431 6722.
Email address	ifsb@gofree.indigo.ie
Website	www.suicidesupport.cjb.ie
Aims	To provide for the support and counselling of people who have experienced a suicide bereavement in their family or amongst their friends.
Counselling / support	Bereavement counselling and support.
Other services offered	Support, through grief group work 10 weeks duration Autumn to Spring. Support meeting (informal) every Wednesday night 8.00pm – 10.00pm.
Costs	Donations and sliding scale.



Name	MAHON FAMILY RESOURCE CENTRE LTD
Address	Mahon Drive, Mahon, Cork.
Phone number	021 435 8866.
Fax number	021 435 0194.
Email address	jenny@frcentre.ie
Opening hours	Monday to Friday 9.00am – 9.30pm.
Catchment area	Mahon area with some participation from Blackrock, Beaumont, Ballinlough and Douglas.
Aims	To provide promote and develop a wide range of family support services including counselling and childcare.
Counselling / support	Marriage or relationship breakdown and bereavement counselling.
Other services offered	Courses for adults, creche, parent and toddler group, programmes for travellers, retired residents, family carers support group, bereavement support group, literacy, reflexology, mental health support, addiction outreach services plus individual support.
Costs	Sliding scale.

Name	N.A.O.M.I. (SOUTHERN REGION)
Address	119 Patrick Street, Cork (entrance Drawbridge Street, Cork).
Phone number	021 427 2213.
Opening hours	Monday to Friday 9.30am – 1.00pm.
Catchment area	Southern Region Cork / Kerry. Couples outside area are also welcome to avail of our services.
Aims	To prepare couples for marriage. To promote the ideals and qualities of marriage and to preserve marriage with counselling. To promote the Ovulation method of Natural Family Planning thus helping to safeguard reproductive health.
Counselling / support	Marriage counselling, marriage preparation.
Other services offered	Menopause counselling, relationship counselling, counselling to couples with fertility / sub-fertility problems.
Costs	Donations.

Name	NEWBURY HOUSE FAMILY CENTRE LTD
Address	Old Youghal Road, Mayfield, Cork.
Phone number	021 450 7999.
Fax number	021 450 7999.
Email address	newburyhse@yahoo.ie
Opening hours	Monday to Friday 9.30am – 5.00pm.
Catchment area	Northside Cork City.
Aims	To provide a creative space where local people can find support and ways of expressing themselves. Included in this level of support is the provision of quality childcare.
Counselling / support	Child counselling.
Other services offered	Adult Education groups, e.g. art, reflexology, pottery and photography. Childcare: full daycare facility and a pre-school.
Costs	Donations.



Name	SOFT IRELAND (SUPPORT ORGANISATION FOR TRISOMY)
Address	C/O 14 Douglas Drive, Pic-du-Jer Park, Ballinlough, Cork.
Phone number	Freephone: 1800 213 218.
Email address	info@softireland.com or martinao@eircom.net
Website	softireland.com
Catchment area	Nationwide.
Aims	SOFT provides support assistance and information for families with newly diagnosed babies with Trisomy 13 (Patie's Syndrome), Trisomy 18 (Edwards' Syndrome) and related disorders, families caring for surviving babies and families experiencing bereavement.
Counselling / support	Bereavement support.
Other services offered	Puts families in contact who wish to share common problems associated with care, grief, bereavement, etc. Distributes newsletters, organises professional speakers and conferences.
Costs	Free. Donations welcome.



Name	SÓLÁS BEREAVEMENT COUNSELLING SERVICE FOR CHILDREN
Address	Barnardos Regional Office, The Bowling Green, White Street, Cork.
Phone number	021 431 0591.
Fax number	021 431 0691.
Email address	info@cork.barnardos.ie
Website	www.barnardos.ie
Opening hours	Monday to Friday 9.00am – 5.00pm.
Catchment area	South / South East.
Aims	To provide a counselling service to children who are bereaved by the death of a parent, sibling or other significant person in their lives.
Counselling / support	Bereavement counselling, family and individual counselling.
Other services offered	Training and consultancy on Issues relating to childhood bereavement leaflets and resource materials.
Costs	Free. Donations welcome.

Name	TOGHER FAMILY CENTRE LTD
Address	6 Maglin Grove, Deanrock Estate, Togher, Cork.
Phone number	021 431 6766.
Fax number	021 431 6766.
Email address	admintogher@iol.ie
Website	www.homestead.com/tfamc
Opening hours	Monday to Friday 9.00am – 10.00pm.
Catchment area	Togher and surrounding area.
Aims	To work for the promotion of social justice and equality of opportunity.
Counselling / support	Marriage / couple counselling, child counselling and bereavement counselling.
Other services offered	Early years education and development (3 mths to 4 yrs), in partnership with parents. After school activities (primary school children 4 – 12 yrs). Adult development groups, health promotion and family support.
Costs	Free.

Name	ACCORD BANTRY
Address	5, Main Street, Bantry, Co. Cork.
Phone number	027 50272.
Catchment area	Bantry and surrounding areas.
Aims	Counselling people with couple difficulties and preparing couples for marriage.
Counselling / support	Couple counselling, marriage preparation.
Costs	€80 – Pre Marriage course fee. Counselling – Sliding scale from €40 down according to clients ability to pay.

Name	ACCORD CLOYNE
Address	St Colman's Hill, Fermoy, Co. Cork.
Phone number	025 31899.
Fax number	025 31899.
Email address	accordcloyne@eircom.net
Opening hours	Monday to Friday 10.00am – 1.00pm.
Catchment area	North east Cork and most of county Cork.
Aims	To help people preparing for the Sacrament of Marriage. To help people experiencing difficulty in their marriage.
Counselling / support	Marriage counselling, marriage preparation.
Costs	€80 per couple on a pre-marriage course.

Name	CLONAKILTY BEREAVEMENT SUPPORT GROUP
Address	C/O Sleveen, Clonakilty, Co. Cork.
Phone number	023 38000 / 023 38927 / 023 34320.
Email address	bolandkim@eircom.net
Opening hours	By arrangement.
Catchment area	West Cork.
Aims	To facilitate individuals through the grieving process after loss of any type. Most of all we provide a listening ear and open heart in a non-judgemental and confidential environment.
Counselling / support	Bereavement support meetings, separate group for the suicide bereaved. One-to-one meetings.
Costs	Suggested donation €5 – €10 per night.

Name	CLONAKILTY PRE-MARRIAGE GROUP
Address	C/O Parochial House, Clonakilty, Co. Cork.
Phone number	023 33212.
Opening hours	By appointment.
Catchment area	Clonakilty and surrounding areas.
Aims	To give couples an opportunity in a formal manner to prepare for the lifelong commitment of marriage in the Catholic Church.
Counselling / support	Pre-marriage courses.
Costs	Donations welcome.

Name	CUIDIÚ
Address	C/O I.R.D. Duhallow, James O'Keeffe Institute, Newmarket, Co. Cork.
Phone number	029 60633.
Fax number	029 60694.
Email address	duhallow@eircom.net
Opening hours	Monday to Friday 9.00am – 5.30pm.
Catchment area	Northwest Cork and part of east Kerry.
Aims	Duhallow based bereavement support service available to offer one to one support to bereaved people.
Counselling / support	Bereavement support.
Costs	Free.

Name	THE GRACE CENTRE
Address	Sand Quay Mills, Clonakilty, Co. Cork.
Phone number	023 21800 or 086 105 8277.
Opening hours	Monday to Friday 10.00am – 2.00pm or by appointment.
Catchment area	Clonakilty, Bandon, Skibbereen and West Cork.
Aims	To provide a confidential listening and befriending service, professional affordable counselling, Information and advice.
Counselling / support	Marriage / relationships, bereavement, general, stress, abuse, depression.
Other services offered	Parenting courses, mother and toddlers, healthy lifestyle including exercise.
Costs	Donations welcome.

Name	LE CHÉILE FAMILY RESOURCE CENTRE
Address	33 Fair St, Mallow, Co. Cork.
Phone number	022 42439 Administration. 022 50001 Counselling Service.
Email address	lecheilefrc@eircom.net
Opening hours	Monday to Friday 9.00am – 5.00pm or by appointment.
Catchment area	Mallow and surrounding areas.
Aims	To provide affordable and accessible support to individuals and families who find themselves in need of counselling as a result of marital breakdown, bereavement or relationship difficulty.
Counselling / support	Systemic family therapy (individuals, couples, families). Marriage, child and bereavement counselling.
Other services offered	Group and one-to-one support, family support, adult and community training, affordable childcare, out of schools programme and summer camps.
Costs	Counselling service: free. Donations welcome.

Name	LIVING LINKS
Address	C/O The Falls, Ballincrossig, Glanmire, Co. Cork.
Phone number	087 137 0792.
Opening hours	By appointment only.
Catchment area	East Cork.
Aims	To provide support for individuals and families bereaved by suicide.
Counselling / support	Support on a one-to-one basis.
Costs	Free.

Name	MERCY CENTRE
Address	Dan Corkery Place, Macroom, Co. Cork.
Phone number	026 42673.
Opening hours	Counselling available all day Thursday 10.00am – 8.00pm.
Catchment area	Macroom and surrounding areas.
Aims	To make available an opportunity for counselling for those unable to pay for such a service.
Counselling / support	Marriage counselling, child counselling in relation to parental separation and bereavement counselling.
Costs	Free. Donations welcome.

Name	NATIONAL SUICIDE BEREAVEMENT SUPPORT NETWORK
Phone number	085 7224819.
Email address	info@nsbsn.org
Website	www.nsbsn.org
Catchment area	All Ireland.
Aims	To unite groups and individuals bereaved by suicide. To create an all Ireland network of suicide bereavement support groups.
Counselling / support	Bereavement support.
Costs	Free.

Name	RAINBOWS KANTURK
Address	Coláiste Treasa, Kanturk, Co. Cork.
Phone number	029 50062.
Fax number	029 50381.
Opening hours	8.30am – 6.00pm.
Catchment area	Kanturk and surrounding areas.
Aims	To support students in the school who have been bereaved through parental death or separation.
Counselling / support	Rainbows support.
Costs	Free.

Name	WESTGATE FOUNDATION
Address	Westgate, West Village, Ballincollig, Co. Cork.
Phone number	021 487 3648.
Fax number	021 487 8118.
Email address	bssc@eircom.net
Opening hours	Monday to Friday 9.00am – 5.00pm. By appointment 6.00pm – 11.00pm.
Catchment area	Ballincollig and surrounding areas.
Aims	To cater for the health, welfare, caring, counselling, educational and recreational needs of older people with the active participation of older people. Counselling service open to all age groups.
Counselling / support	Bereavement counselling and support, couple counselling, family therapy, marital separation, family counselling, anxiety / panic attacks, social phobias, depression and counselling in general.
Costs	Counselling from €20 per hour (maximum €40). Group support €5 per hour.

DONEGAL

Name	ACCORD DONEGAL TOWN
Address	The Diamond, Donegal Town.
Phone number	074 972 3944.
Fax number	074 972 3944.
Email address	donegalaccord@eircom.net
Opening hours	Monday & Thursday 10.00am – 5.00pm. Tuesday & Wednesday 10.00am – 1.00pm. Friday 10.00am – 4.30pm.
Catchment area	South West Donegal.
Aims	To help build relationships and sustain marriages.
Counselling / support	Marriage counselling, marriage preparation and marriage enrichment.
Costs	Agreed contribution based on income but nobody is refused counselling on the grounds of inability to pay. Marriage preparation: €80 per couple.

Name	ACCORD INISHOWEN
Address	Pastoral Centre, Carndonagh, Co. Donegal.
Phone number	074 937 4103.
Fax number	074 937 4103.
Opening hours	Monday to Friday 10.30am – 12.30pm.
Catchment area	Inishowen.
Aims	The aim of the organisation is to uphold and protect the dignity of Christian marriage. We do this by offering services of pre-marriage preparation and remedial counselling.
Counselling / support	Marriage counselling, marriage preparation.
Costs	Fee for Pre-Marriage Course. Agreed contribution for counselling based on income but no one is refused counselling on the grounds of inability to pay.

Name	ACCORD LETTERKENNY
Address	Diocesan Pastoral Centre, Monastery Avenue, Letterkenny, Co. Donegal.
Phone number	074 912 2218.
Fax number	074 912 8433.
Email address	Accordletterkenny@eircom.net
Website	www.accord.ie
Opening hours	Monday to Friday 10.00am – 1.00pm.
Catchment area	Letterkenny and North West surrounding areas.
Aims	To serve people in marriage and family relationships who are experiencing difficulties within their relationships.
Counselling / support	Marriage counselling, marriage preparation, psycho-sexual therapy, education and information on natural family planning.
Costs	Voluntary contribution.

Name	AIDS HELP NORTH WEST
Address	Mount Southwell, Letterkenny, Co. Donegal.
Phone number	074 912 5500.
Fax number	074 912 5500.
Opening hours	Monday to Friday helpline 10.00am – 12.00noon. Counselling by appointment.
Catchment area	Donegal, Leitrim, Sligo, border areas of Derry / Tyrone, etc.
Aims	To provide support to people affected by HIV and their families / partners. A counselling service, bereavement counselling and referrals where necessary. To promote awareness of HIV and STD's and their prevention.
Counselling / support	Pre-test counselling and ongoing post-test counselling. Bereavement counselling and support for families and partners.
Other services offered	Information on prevention and support to groups on request.
Costs	Free.



Name	THE FAMILY ENRICHMENT CENTRE
Address	Ceol na Coille, Stranorlar, Lifford, Co. Donegal.
Phone number	074 913 1245.
Fax number	074 913 1245.
Opening hours	Monday to Friday 9.30am – 10.00pm.
Catchment area	Finn Valley and surrounding areas plus border areas.
Aims	The Family Enrichment Centre is a place of welcome for individuals from across the community. The services provided are to enable those who come to experience more creative living in a stress free environment.
Counselling / support	Marriage counselling, child counselling and bereavement counselling.
Other services offered	Individual and family counselling, suicide support group, reflexology / massage, aromatherapy, reiki, bereavement support for children and parenting programmes. Adult education, etc, rooms for hire. Yoga and activities for the elderly.
Costs	Free but donations welcome. No-one will be turned away because of lack of resources.

Name	FAMILY MINISTRY – COUNSELLING AND SUPPORT GROUP
Address	Diocesan Pastoral Centre, Monastery Avenue, Letterkenny, Co. Donegal.
Phone number	074 912 1853.
Fax number	074 912 8433.
Opening hours	Monday to Friday 9.30am – 5.00pm and 7.30pm – 10.00pm.
Catchment area	Letterkenny and surrounding areas plus Derry and Border areas.
Aims	To help children and adults to work through a difficult period (or crisis) whether due to death, separation, terminal illness, loss of job, relationship, etc. To help individuals see new options, work through difficulties, build up self-esteem and come to terms with the new reality in their lives.
Counselling / support	Child counselling, bereavement counselling.
Other services offered	Rainbows support for children who are grieving because of death or separation. New Beginnings – support group for separated and widowed. Support for families after suicide, parenting programmes, on-going adult education and family mediation.
Costs	Adults: Sliding scale. Children: Free.

Name	HELP CARE NORTH WEST LTD
Address	Tabor House, Drimark, Donegal Town.
Phone number	074 972 3822 or 087 287 9707.
Email address	taborhouse2004@eircom.net
Website	www.northwestcounsellingservices.com
Opening hours	Monday to Friday 11.00am – 5.00pm.
Catchment area	Donegal and surrounding counties.
Aims	To provide professional counselling and mediation.
Counselling / support	Individual and family counselling, family mediation, bereavement and child counselling.
Other services offered	Training for Voluntary groups, training and supervision in counselling.
Costs	€35 – €40 or as per ability to pay.

Name	INISHOWEN WOMEN'S OUTREACH
Address	Millbrae, Carndonagh, Inishowen, Co. Donegal.
Phone number	074 937 3232.
Fax number	074 937 3337.
Email address	inishowenwomensoutreach@eircom.net
Opening hours	Monday to Friday 10.00am – 1.30pm.
Catchment area	Inishowen area.
Aims	To provide counselling for women and children, an information / listening ear service, empower / support existing support groups, research and disseminate information and awareness of Issues on domestic violence, network with other groups involved in the area of domestic violence and to lobby for a change in policy.
Counselling / support	Counselling for women and children, support group.
Other services offered	Information, listening ear, drop-in, outreach services, court accompaniment, 2nd stage housing and helpline.
Costs	Free.

Name	LETTERKENNY YOUTH INFORMATION CENTRE
Address	17 Celtic Apartments, Pearse Road, Letterkenny, Co. Donegal.
Phone number	074 912 9640.
Fax number	074 912 7612.
Email address	yicletterkenny@eircom.net
Website	www.youthinformation.ie
Opening hours	Monday to Thursday 10.00am – 6.00pm. Friday 9.00am – 5.00pm.
Catchment area	Letterkenny and surrounding areas.
Aims	To build a community information resource increasing young peoples social skills, educational competencies and self -esteem. Develop / undertake cross border activities. Incorporate relevant accredited training programmes.
Counselling / support	Teen Between, a support service for the adolescent children of separated parents. A variety of services associated with youth information including secretarial services and a drop-In centre for young people. A wide variety of youth development programmes, eg. sexual health, personal development and youth exchanges.
Costs	Free.

Name	MOVILLE & DISTRICT FAMILY RESOURCE CENTRE
Address	2 Montgomery Terrace, Moville, Co. Donegal.
Phone number	074 938 2945.
Fax number	074 938 2757.
Email address	serenityhouse@eircom.net
Opening hours	Monday to Friday 9.00am – 5.00pm (evening meetings and counselling).
Catchment area	Moville and surrounding areas.
Aims	To help families through group participation and involvement in self help programmes, etc.
Counselling / support	Marriage, bereavement counselling plus counselling for young adults.
Costs	Free.

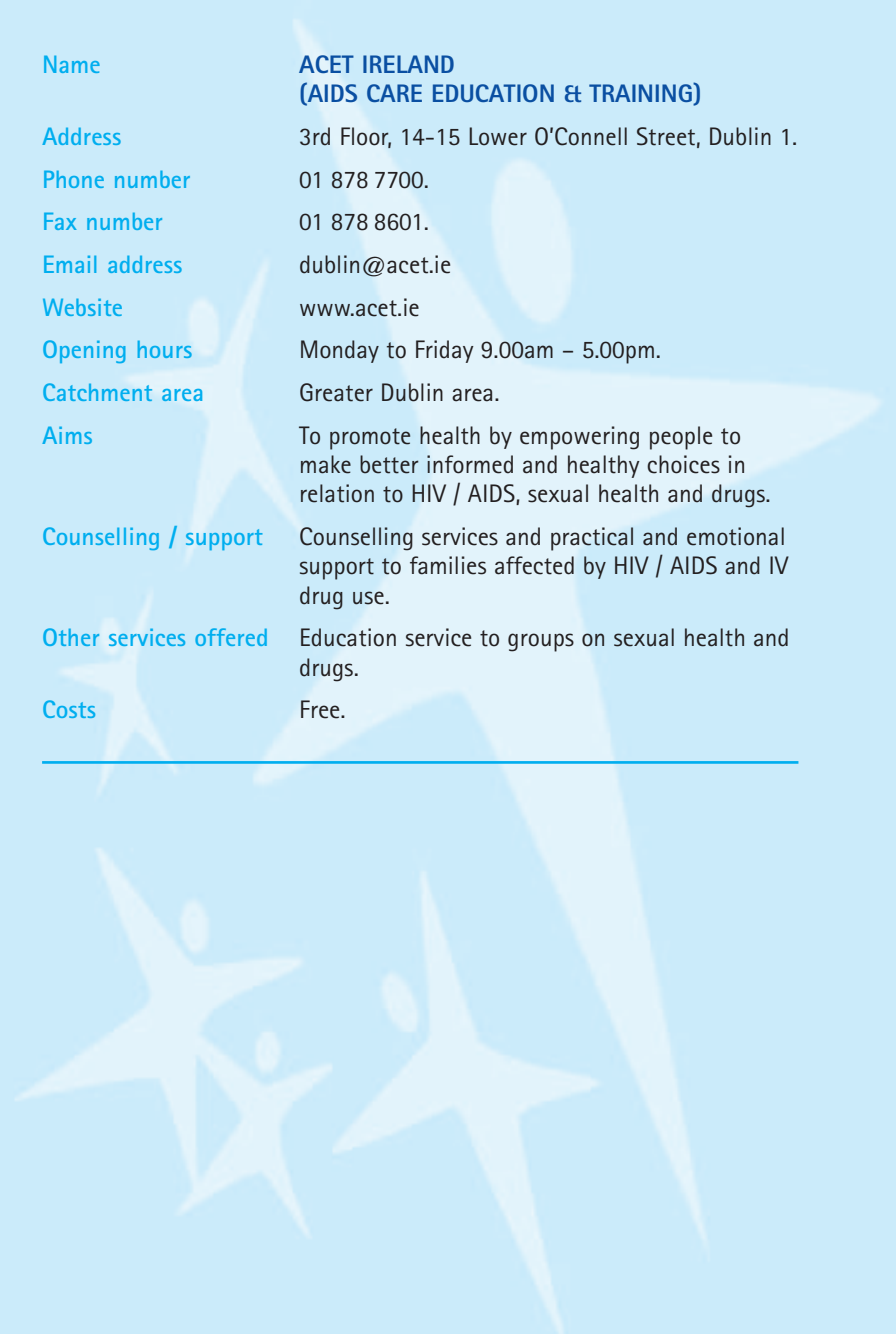
Name	RAINBOWS GLENTIES
Address	Dialinn, Glenties, Co. Donegal.
Phone number	074 955 1125.
Email address	helenjkelly@eircom.net
Opening hours	Usually Jan – Mar each year (14 week courses)
Catchment area	Glenties, Frosses, Ardara, Fintown.
Aims	To facilitate children / teens through their grief journey in a small group setting.
Counselling / support	Bereavement support for children and teens experiencing grief through death, separation and divorce.
Other services offered	Listening ear and guidance to participants, parents / guardians. Advocating for special help in schools for these children where parents / guardians make request.
Costs	Free.

Name	RAINBOWS GWEEDORE
Address	Pobalscoil Ghaoth Dobhair, Na Doirí Beaga, Leitir Ceanainn, Co. Dhún na nGall.
Phone number	074 953 1311or 074 956 0906.
Fax number	074 953 1157.
Catchment area	Gweedore and surrounding areas.
Aims	To support young people suffering from loss as a result of bereavement or separation.
Counselling / support	Rainbows support.
Costs	Free.

Name	RAINBOWS TWIN TOWNS
Address	C/O 15 Blackrock Drive, Ballybofey, Co. Donegal.
Phone number	074 913 2721.
Email address	nualamullin@eircom.net
Catchment area	Donegal, Ballybofey, Stranorlar.
Aims	Rainbows is a peer support group for young people to talk about a death in the family or a parent leaving home.
Counselling / support	Group support with adult facilitators.
Other services offered	Out-reach to parents.
Costs	Free.

Name	SOUTH DONEGAL TRAVELLER'S PROJECT
Address	Unit 6, Old Carpet Factory, Killybegs, Co. Donegal.
Phone number	074 974 1897.
Fax number	074 912 9354.
Email address	travhealth@eircom.net
Opening hours	Monday to Thursday 9.00am – 5.00pm.
Catchment area	South Donegal.
Aims	To promote social justice and equality for Travellers, inclusion in decision making at all levels, promote the distinct identity, culture and ethnicity of the Travelling community.
Counselling / support	Bereavement counselling.
Costs	Free.

DUBLIN



Name	ACET IRELAND (AIDS CARE EDUCATION & TRAINING)
Address	3rd Floor, 14-15 Lower O'Connell Street, Dublin 1.
Phone number	01 878 7700.
Fax number	01 878 8601.
Email address	dublin@acet.ie
Website	www.acet.ie
Opening hours	Monday to Friday 9.00am – 5.00pm.
Catchment area	Greater Dublin area.
Aims	To promote health by empowering people to make better informed and healthy choices in relation to HIV / AIDS, sexual health and drugs.
Counselling / support	Counselling services and practical and emotional support to families affected by HIV / AIDS and IV drug use.
Other services offered	Education service to groups on sexual health and drugs.
Costs	Free.

Name	DUBLIN COUNSELLING & THERAPY CENTRE
Address	41 Upper Gardiner Street, Dublin 1.
Phone number	01 878 8236.
Fax number	01 877 9069.
Email address	info@dctc.ie
Website	www.dctc.ie
Opening hours	Monday to Friday 9.30am – 5.30pm.
Catchment area	Dublin city and suburbs.
Aims	To provide a professional counselling and psychotherapeutic service for individuals, couples, families and groups who are disadvantaged economically and otherwise.
Counselling / support	Marriage counselling. Bereavement counselling.
Other services offered	Counselling / psychotherapy for people presenting with the full spectrum of personal and relational difficulty / distress.
Costs	Free / Donations. Sliding Scale €0 – €60 per hour. Fixed €60 per hour. All four of above options are available. The large majority of clients are seen either free or at a significantly reduced rate.

Name	HILL STREET FAMILY RESOURCE CENTRE
Address	Hill Street Playground, Hill Street, Dublin 1.
Phone number	01 874 6810 or 01 872 8736.
Fax number	01 874 6810.
Email address	hillstreet@iolfree.ie
Opening hours	Monday to Friday 9.30am – 5.30pm.
Catchment area	North Inner City.
Aims	To help parents meet their own needs and the needs of their children and to provide a counselling service for adults.
Counselling / support	One-to-one counselling in relationships, bereavement and moving on.
Costs	€5 per hour.

Name	N.A.O.M.I.
Address	Basement, 16 North Great George's Street, Dublin 1.
Phone number	01 878 6156 or 01 833 1300.
Fax number	01 878 8158.
Email address	inforequest@naomi.ie
Website	www.naomi.ie or www.IrishWeddingsonline.com
Opening hours	Monday to Friday 9.30am – 1.00pm. Appointments up to 8.00pm.
Catchment area	Eastern region.
Aims	To assist couples to communicate with each other in all aspects of their relationship prior to marriage and by being available to them when problems arise within marriage.
Counselling / support	Marriage counselling, marriage preparation.
Other services offered	Fertility counselling, education for life – schools programme.
Costs	Donations welcome.

Name	NATIONAL ASSOCIATION OF WIDOWS IN IRELAND
Address	29 Gardiner Place, Dublin 1.
Phone number	01 873 3622.
Opening hours	Monday to Friday 11.30am – 4.00pm.
Catchment area	Dublin and Districts. Branches in all major cities and towns.
Aims	To inform and support all widows in particular to aid newly bereaved widows to achieve stability. The support and example from others in like situations is a prime factor towards establishing a new life style.
Counselling / support	Bereavement support.
Costs	Free. Donations welcome.

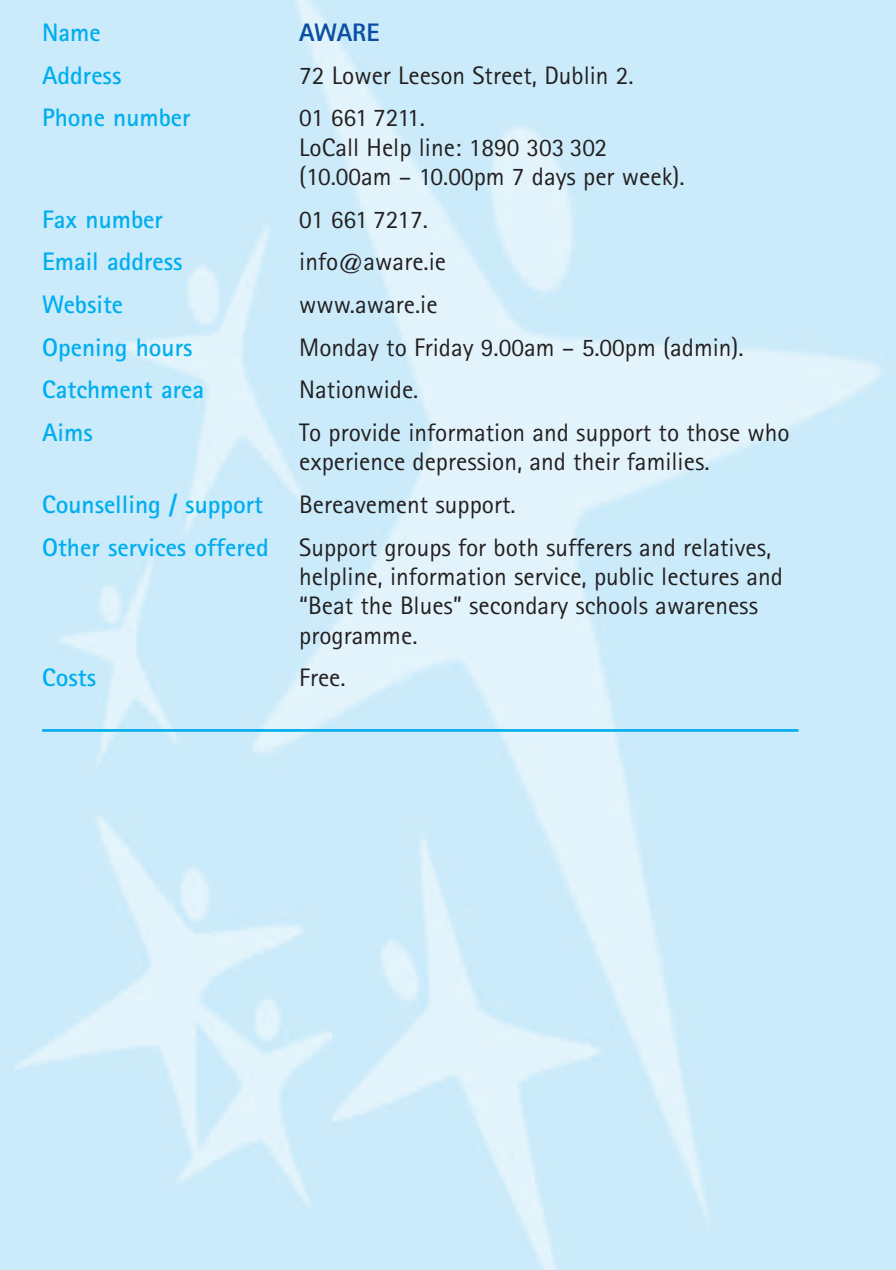
Name	OASIS COUNSELLING SERVICE
Address	St Laurence's Place East, Dublin 1.
Phone number	01 836 4524.
Fax number	01 855 0730.
Email address	oasiscounselling@eircom.net
Opening hours	Monday to Friday 9.00am – 9.00pm.
Catchment area	Priority given to north inner city area but all areas covered.
Aims	The Centre is available to people experiencing difficulty and distress in their lives.
Counselling / support	Person centred counselling / psychotherapy on a individual couple and family basis and groups.
Other services offered	Bereavement and support counselling for those bereaved as a result of suicide.
Costs	Sliding scale, low cost depending on circumstance of client.

Name	RIVERSIDE COUNSELLING SERVICE
Address	Blessed Sacrament Chapel, 20 Bachelor's Walk, Dublin 1.
Phone number	01 872 4597.
Fax number	01 872 4724.
Opening hours	Monday to Saturday 9.00am – 5.15pm.
Catchment area	Dublin Region.
Aims	To make available a professional counselling service to individuals and families.
Counselling / support	Individual and family counselling.
Other services offered	Facilitating support groups for those bereaved by suicide.
Costs	Sliding scale – €0 to €30 per session.

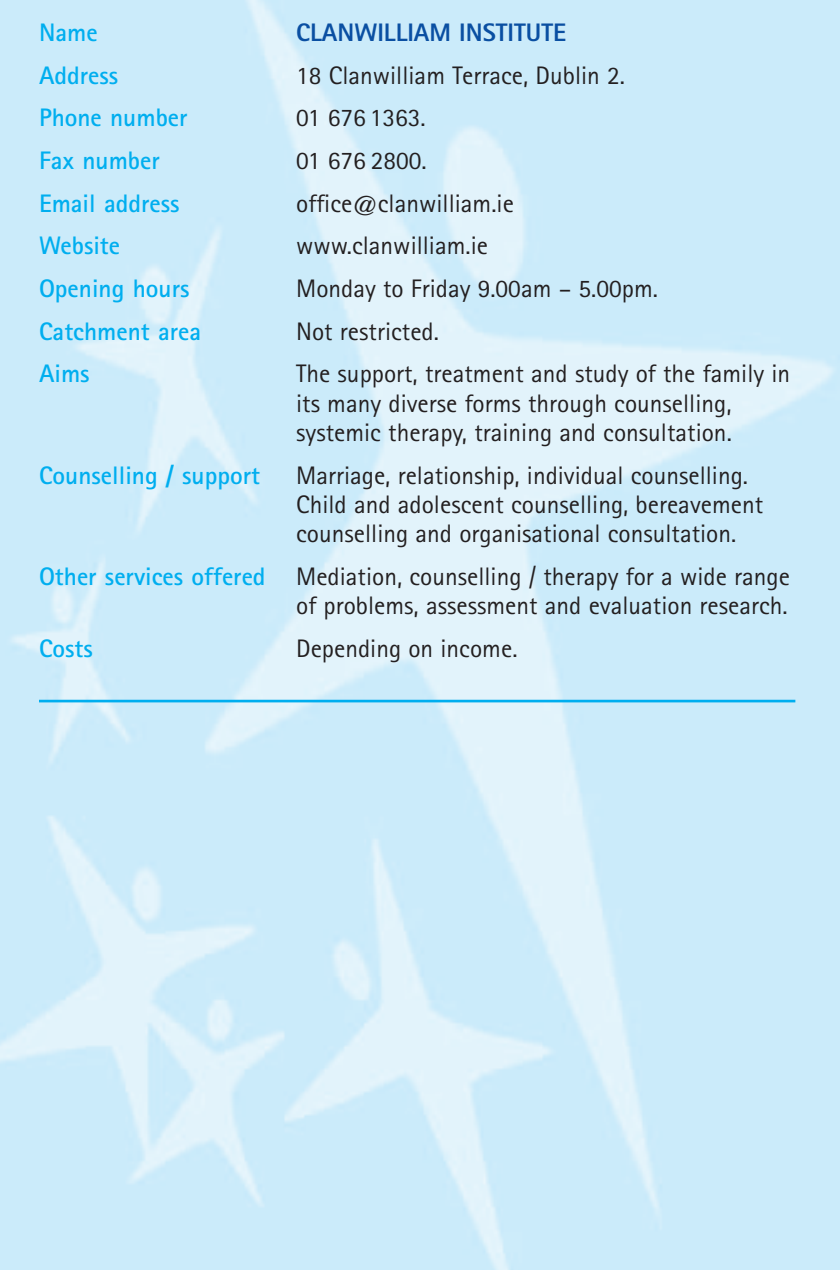
Name	ACCORD DUBLIN
Address	Accord House, 39 Harcourt Street, Dublin 2.
Phone number	01 478 0866 or 01 478 4400.
Fax number	01 475 0462.
Email address	admin@dublin.accord.ie
Website	www.accord.ie
Opening hours	Monday to Friday 9.30am – 9.30pm.
Catchment area	Dublin city and surrounding areas.
Aims	To promote a better understanding of Christian marriage. To support people experiencing difficulty in marriage / relationships. To help people initiate, sustain and enrich their marriage and family relationships.
Counselling / support	Marriage, relationship counselling.
Other services offered	Marriage preparation courses, Schools R.S.E. programme, fertility counselling, marital sexual therapy.
Costs	Donations welcome.



Name	AIM FAMILY SERVICES
Address	6 D'Olier Street, Dublin 2.
Phone number	01 670 8363.
Fax number	01 670 8365.
Email address	aimfamilyservices@eircom.net
Website	www.aimfamilyservices.ie
Opening hours	Monday to Friday 10.00am – 1.00pm.
Catchment area	Drop-in Centre at 6 D'Olier Street, Dublin 2. Phone and answering service nationwide.
Aims	We are a voluntary organisation offering counselling, mediation and information on family law to all those experiencing marriage / relationship difficulties.
Counselling / support	Individual, couple and all aspects of family counselling.
Other services offered	We operate a free drop-In Centre giving information on family law, counselling and family mediation.
Costs	Sliding scale.




Name	AWARE
Address	72 Lower Leeson Street, Dublin 2.
Phone number	01 661 7211. LoCall Help line: 1890 303 302 (10.00am – 10.00pm 7 days per week).
Fax number	01 661 7217.
Email address	info@aware.ie
Website	www.aware.ie
Opening hours	Monday to Friday 9.00am – 5.00pm (admin).
Catchment area	Nationwide.
Aims	To provide information and support to those who experience depression, and their families.
Counselling / support	Bereavement support.
Other services offered	Support groups for both sufferers and relatives, helpline, information service, public lectures and "Beat the Blues" secondary schools awareness programme.
Costs	Free.



Name	CLANWILLIAM INSTITUTE
Address	18 Clanwilliam Terrace, Dublin 2.
Phone number	01 676 1363.
Fax number	01 676 2800.
Email address	office@clanwilliam.ie
Website	www.clanwilliam.ie
Opening hours	Monday to Friday 9.00am – 5.00pm.
Catchment area	Not restricted.
Aims	The support, treatment and study of the family in its many diverse forms through counselling, systemic therapy, training and consultation.
Counselling / support	Marriage, relationship, individual counselling. Child and adolescent counselling, bereavement counselling and organisational consultation.
Other services offered	Mediation, counselling / therapy for a wide range of problems, assessment and evaluation research.
Costs	Depending on income.

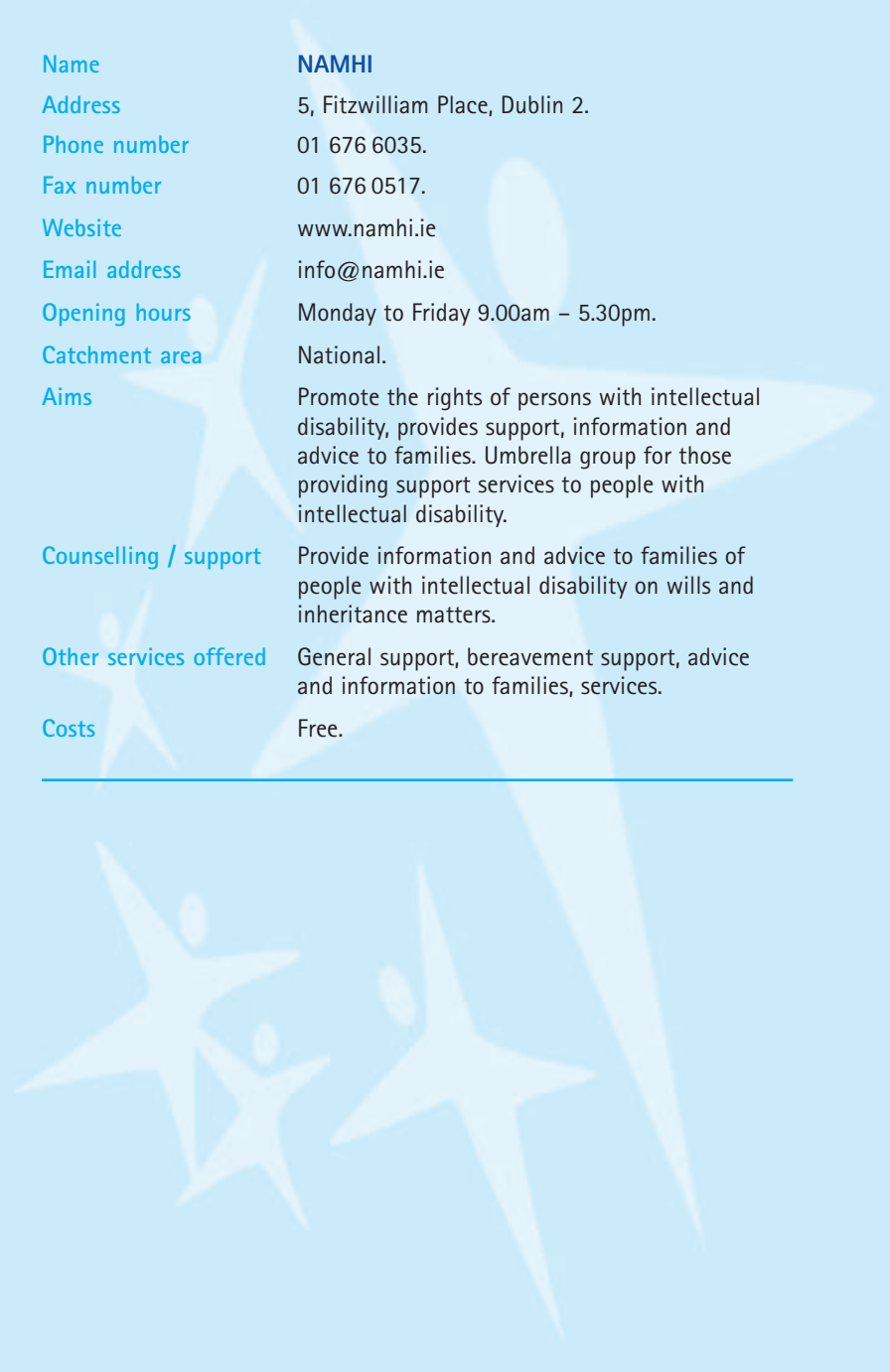
Name	CUNAMH
Address	30 South Anne Street, Dublin 2.
Phone number	01 677 9664.
Fax number	01 677 0235.
Email address	info@cunamh.com
Website	www.cunamh.com
Opening hours	Monday to Friday 9.30am – 1.00pm and 2.00 – 5.00pm.
Catchment area	Adoption / Foster care service – 50 mile radius. Other services – Nationwide.
Aims	To provide foster care and adoption service, pregnancy counselling, search and reunion service for adult adoptees / birth mothers whom we have helped in the past.
Counselling / support	Pregnancy counselling and counselling for young and adult adoptees.
Other services offered	Pre and post natal service, short term foster care, assessment of foster parents, adoption service, assessment of prospective adoptive parents, search and reunion service.
Costs	Free.



Name	DUBLIN RAPE CRISIS CENTRE
Address	70 Lower Leeson Street, Dublin 2.
Phone number	01 661 4911 (24 hour Freephone helpline: 1800 778 888).
Fax number	01 6610873.
Email address	rcc@indigo.ie
Website	www.drcc.ie
Opening hours	Monday to Friday 8.00am – 7.00pm. Saturday 9.00am – 4.00pm.
Catchment area	Dublin and surrounding counties.
Aims	To support men and women who have experienced rape, child sexual abuse and sexual assault.
Counselling / support	Adult, Child and Bereavement counselling and support counselling for family members.
Other services offered	SATU volunteer service, court accompaniment, outreach talks, education and training initiatives.
Costs	Sliding scale (may include no payment).

Name	ISPCC
Address	20 Molesworth Street, Dublin 2.
Phone number	01 679 4944. Childline (24 hour Helpline) – 1800 666 666.
Fax number	01 679 1746.
Email address	ispcc@ispcc.ie
Website	www.ispcc.ie
Opening hours	Monday to Friday 9.00am – 5.30pm.
Catchment area	Nationwide.
Aims	To ensure that all children are given the opportunity to experience love and happiness, to stop discrimination and exclusion of children and to end cruelty and injustice to children.
Counselling / support	One-to-one therapeutic work with children aged 0 – 18 in relation to abuse, bereavement, separation, domestic violence, etc.
Other services offered	Childline – 24 hour telephone listening service. Leanbh – protecting children who beg. Childfocus – Therapeutic services to children 0 – 12 years, parent mentoring 4me – Therapeutic services to children 13 – 18 years.
Costs	Free.

Name	MRC5 COUNSELLING (MARRIAGE & RELATIONSHIP COUNSELLING SERVICES)
Address	38 Upper Fitzwilliam Street, Dublin 2.
Phone number	01 678 5256.
Fax number	01 678 5260.
Opening hours	Monday to Friday 9.30am – 10.00pm. Saturday 9.30am – 4.00pm.
Catchment area	Dublin City & County. Outreach centres in Tallaght, Ballyfermot, Bray, Dun Laoghaire, Blackrock, Navan, Ashbourne, Drogheda, Athlone, Longford, Mayo, Sligo, Cork, Waterford and Wexford.
Aims	MRC5 aims to make its relationship counselling services available to all who need them, regardless of their ability to pay and geographical location.
Counselling / support	Marriage and relationship counselling, marriage preparation, child counselling.
Other services offered	Couple / relationship counselling, psycho-sexual counselling, separation / divorce counselling. mediation, education and training in all services for the public and professionals working with relationships.
Costs	Free – nobody is turned away because of cost. Donations: in accordance with ability to pay. Sliding Scale: €0 – €60.



Name	NAMHI
Address	5, Fitzwilliam Place, Dublin 2.
Phone number	01 676 6035.
Fax number	01 676 0517.
Website	www.namhi.ie
Email address	info@namhi.ie
Opening hours	Monday to Friday 9.00am – 5.30pm.
Catchment area	National.
Aims	Promote the rights of persons with intellectual disability, provides support, information and advice to families. Umbrella group for those providing support services to people with intellectual disability.
Counselling / support	Provide information and advice to families of people with intellectual disability on wills and inheritance matters.
Other services offered	General support, bereavement support, advice and information to families, services.
Costs	Free.

Name	ONE FAMILY
Address	Cherish House, 2 Lower Pembroke Street, Dublin 2.
Phone number	01 662 9212 National Helpline – 1890 662 212 (Tues 2.30 – 4.30. Wed 10.00 – 12.00. Thurs 1.00 – 3.00).
Fax number	01 662 9096.
Email address	info@onefamily.ie
Website	www.onefamily.ie
Opening hours	Monday to Friday 9.00am – 5.00pm.
Catchment area	All areas.
Aims	One Family provides voice, support and action for one parent families.
Counselling / support	Offers general counselling services to all members of one parent families.
Other services offered	Non-directive crisis pregnancy counselling and post abortion counselling services, training courses and support groups to one parent family members.
Costs	Free.

Name	TEEN BETWEEN
Address	38, Upper Fitzwilliam Street, Dublin 2.
Phone number	01 678 5256.
Fax number	01 678 5260.
Website	www.mrcs.ie
Email address	mrcs@eircom.net
Opening hours	Monday to Friday 9.30am – 10.00pm.
Catchment area	Dublin City & County. Bray, Athlone, Longford and Cork.
Aims	To offer counselling to the teenage children of separating or separated parents.
Counselling / support	Child counselling.
Other services offered	See MRCS listing.
Costs	Free but donations welcome.

Name	WHITEFRIAR / AUNGIER AREA COMMUNITY COUNCIL
Address	The Base, 74C Mercer House, Mercer Street, Dublin 2.
Phone number	087 246 7091.
Email address	community@iol.ie
Opening hours	By appointment.
Catchment area	Dublin 2, Dublin 8 and relevant referrals.
Aims	To be a professional, ethical service without discrimination, offering therapeutic help to those in the inner City community which we serve, who are experiencing psychological distress and who are unable economically to source counselling elsewhere.
Counselling / support	Marriage, child and bereavement counselling.
Other services offered	Drug related advice and referral, developmental guidance, life coaching and guidance.
Costs	Free. Donations welcome.

Name	BETHANY ST JOHNS BEREAVEMENT SUPPORT GROUP
Address	C/O 187 Clontarf Road, Dublin 3.
Phone number	01 833 3399.
Opening hours	On call.
Catchment area	Dublin 3.
Aims	Support the bereaved and provide a listening ear to those who need it.
Counselling / support	Bereavement support.
Costs	Free.



Name	DAUGHTERS OF CHARITY CURAM FAMILY CENTRE
Address	46 North Strand Road, Dublin 3.
Phone number	01 855 9313.
Fax number	01 855 9323.
Email address	curamfc@eircom.net
Opening hours	Monday, Thursday and Friday 9.00am – 5.00pm Tuesday and Wednesday 8.30am – 7.30pm.
Catchment area	Area 7 Northern Area Health Board.
Aims	The service provides a therapeutic / supportive service to families, individuals, adolescents and children who are experiencing difficulties in their lives.
Counselling / support	Family therapy, individual therapy, separation / loss and bereavement programmes.
Other services offered	Bereavement peer support programmes such as "Season's for Growth". Child therapy such as sand therapy and play therapy.
Costs	None.

Name	TEEN COUNSELLING MATER DEI
Address	Clonliffe Road, Dublin 3.
Phone number	01 837 1892.
Fax number	01 837 2025.
Email address	materdei@teencounselling.com
Opening hours	Monday to Friday 9.30am – 5.00pm.
Catchment area	Community Care Areas 6, 7 and 8.
Aims	Teen Counselling Mater Dei offers a counselling service to adolescents and their parents. It addresses general adolescent problems, e.g. behaviour difficulties, early drug and alcohol misuse, anxiety, communication difficulties, adjustment following separation and bereavement. It has a special interest in the prevention of substance misuse.
Counselling / support	Marriage, child and bereavement counselling.
Other services offered	Counselling in relation to adolescent problems. Prevention of substance misuse. Advice service to parents and to professionals.
Costs	Free.

Name	BETHANY SANDYMOUNT BEREAVEMENT SUPPORT GROUP
Address	C/O Parish Office, Star of the Sea Church, Sandymount, Dublin 4.
Phone number	01 668 3316.
Opening hours	Monday to Friday 10.00am – 1.00pm.
Catchment area	Sandymount and surrounding areas.
Aims	To provide bereavement support.
Counselling / support	Monthly drop-in meetings, home visits if requested. One-to-one meetings by appointment.
Costs	Free.

Name	BETHANY BONNYBROOK BEREAVEMENT SUPPORT GROUP
Address	St Joseph's Family Centre, Greencastle Road, Dublin 5.
Phone number	01 847 5421.
Opening hours	Wednesday 2.00pm – 3.00pm plus 1 evening meeting per month.
Catchment area	Bonnybrook and Riverside.
Aims	To provide support to people who have been bereaved.
Counselling / support	Bereavement support.
Costs	Free.

Name	BETHANY ST BENEDICT'S BEREAVEMENT SUPPORT GROUP
Address	C/O 27 Grange Park Grove, Raheny, Dublin 5.
Phone number	01 848 6595 or 086 192 6094.
Opening hours	Tuesday 8.00pm – 10.00pm Marist House, Grange Park Grove, Raheny, Dublin 5. Friday 10.30am – 12.30pm Resource Centre, Kilbarrack, Dublin 5.
Aims	Have you lost someone you loved? If you have you're not alone, we are only a phone call away to support you.
Counselling / support	Bereavement support.
Costs	Free.

Name	BETHANY ST BRIGID'S RESOURCE CENTRE KILLESTER
Address	St Brigid's Resource Centre, 306 Howth Road, Killester, Dublin 5.
Phone number	01 853 4030.
Fax number	01 853 3302.
Email address	killesterparish@eircom.net
Website	www.killester.dublindiocese.ie
Opening hours	Monday to Friday 10.00am – 12.00noon. Otherwise by appointment.
Catchment area	Killester, Raheny, Clontarf and Artane.
Aims	To assist people in their grieving.
Counselling / support	Bereavement support, drop-in centre. One-to-one counselling, home visits.
Other services offered	The Resource Centre offers a variety of programmes including Parenting programmes.
Costs	Free.

Name	MERCY CENTRE
Address	St Brendan's Drive, Coolock, Dublin 5.
Phone number	01 848 7259.
Opening hours	Monday to Friday 9.00am – 1.00pm.
Catchment area	Northside and north Inner City.
Aims	To help people to cope better with life's problems, e.g. losses in life, stress, addictions, effects of poverty and violence.
Counselling / support	Bereavement counselling.
Other services offered	Holistic therapies.
Costs	Sliding scale.

Name	RAINBOWS CHANEL COLLEGE
Address	Chanel College, Coolock, Dublin 5.
Phone number	01 848 0655.
Fax number	01 848 6330.
Email address	chaneloffice@eircom.net
Opening hours	School hours.
Catchment area	Coolock and surrounding areas.
Aims	Rainbows supports students who are bereaved as a result of death or separation.
Counselling / support	One-to-one counselling.
Other services offered	Rainbows support.
Costs	Free.

Name	RAINBOWS KILLESTER
Address	St Mary's Holy Faith Secondary School, Killester, Dublin 5.
Phone number	01 832 9891.
Catchment area	School Pupils.
Aims	Group work with pupils who are bereaved or whose parents are separated.
Counselling / support	Peer support.
Costs	Free.

Name	RAINBOWS ST FIACHRA'S
Address	St Fiachra's Junior School, Beaumont, Dublin 5.
Phone number	087 960 0744.
Catchment area	Beaumont.
Aims	To help children who have been bereaved through parental death or separation. It is a structured programme to lead children gently through the grieving process.
Costs	Free.

Name	ST FRANCIS HOSPICE
Address	Station Road, Raheny, Dublin 5.
Phone number	01 832 7535.
Fax number	01 832 7635.
Email address	info@sfh.ie
Website	www.stfrancishospice.ie
Catchment area	North Dublin City and County.
Aims	To offer Bereavement support to family and friends of those who die under the care of St Francis Hospice.
Counselling / support	Counselling offered by hospice social work staff.
Other services offered	Bereavement support offered by trained volunteers under supervision of hospice social work staff.
Costs	No cost to clients.

Name	BETHANY RATHGAR BEREAVEMENT SUPPORT GROUP
Address	C/O Church of the Three Patrons, Rathgar Road, Dublin 6.
Phone number	01 497 2215.
Opening hours	Monday to Friday 10.00am – 2.00pm.
Catchment area	Rathgar and surrounding areas.
Aims	To offer support on an ongoing basis to families, relatives or friends of a deceased person for as long as needed.
Counselling / support	Bereavement support.
Costs	Free.

Name	BETHANY RATHMINES BEREAVEMENT SUPPORT GROUP
Address	C/O 48 Lower Rathmines Road, Dublin 6.
Phone number	087 205 0514.
Email address	eilishdh@eircom.net
Website	www.rathminesparish.com
Opening hours	3rd Tuesday monthly 8.30pm – 9.30pm.
Catchment area	Rathmines and surrounding areas.
Aims	To help the bereaved and those grieving deal with their pain of loss.
Counselling / support	Group support meeting, one-to-one support, telephone support and home visits.
Costs	Free.

Name	CHURCH OF IRELAND MARRIAGE COUNCIL
Address	R.C.B., Church House, Rathmines, Dublin 6.
Phone number	01 497 8422.
Fax number	01 497 8821.
Email address	sandramassey@rcbdub.org
Website	www.marriagematters.ireland.anglican.org
Catchment area	Republic of Ireland.
Aims	To provide one-to-one marriage preparation and one-to-one marriage counselling.
Costs	Subsidised marriage preparation and marriage counselling.

Name	OUR LADY'S HOSPICE
Address	Harold's Cross, Dublin 6.
Phone number	01 406 8864 or 01 406 8849.
Fax number	01 491 2536.
Email address	akeating@olh.ie or socialwork@olh.ie
Website	www.olh.ie
Opening hours	Monday to Friday 9.30am – 5.00pm.
Catchment area	Families and friends of Our Lady's Hospice.
Aims	To normalise life transition, facilitate families to communicate openly about adaptation to impending loss, death and bereavement. To facilitate families find their own coping strategies.
Counselling / support	Bereavement counselling, support and advice. Individual, couples and family counselling.
Other services offered	Preparation for impending loss. Adaptation to a lifetime of illness. Life transition.
Costs	No cost involved. Clients have to be under the medical team initially and are referred to our Dept. for ongoing intervention.

Name	ACCORD TEMPLEOGUE
Address	265 Templeogue Road, Dublin 6W.
Phone number	01 490 8739.
Email address	templeogue@dublin.accord.ie
Website	www.accord.ie
Opening hours	Monday to Friday 9.30am – 1.30pm and 7.30pm – 10.30pm.
Catchment area	Templeogue and surrounding areas.
Aims	To promote a better understanding of Christian marriage. To support people experiencing marriage / relationship difficulties.
Counselling / support	Marriage, relationship counselling.
Other services offered	Marital Sexual Therapy.
Costs	Donations welcome.

Name	RAINBOWS RATHFARNHAM RECTORY
Address	C/O Rathfarnham Rectory, 41 Rathfarnham Road, Dublin 6W.
Phone number	01 490 5543.
Fax number	01 490 5543.
Email address	anneted@gofree.indigo.ie
Catchment area	Rathfarnham and surrounding areas.
Aims	To help children and adults with bereavement and loss of any kind.
Counselling / support	Bereavement support.
Costs	Free.

Name	ACCORD PHIBSBOROUGH
Address	15 Dalymount, Phibsborough, Dublin 7.
Phone number	01 868 0028.
Email address	phibsborough@dublin.accord.ie
Website	www.accord.ie
Opening hours	Monday to Thursday 9.30am – 1.30pm and 7.45pm – 10.15pm.
Catchment area	Phibsborough and surrounding areas.
Aims	To promote a better understanding of Christian marriage. To support people experiencing marriage / relationship difficulties.
Counselling / support	Marriage, relationship counselling.
Other services offered	Marital sexual therapy, fertility counselling.
Costs	Donations welcome.

Name	AN SÍOL COUNSELLING & THERAPY SERVICE
Address	19 Manor Street, Dublin 7.
Phone number	01 677 2170.
Fax number	01 677 5730.
Email address	ansiolcdp@eircom.net
Opening hours	Monday to Friday 10.00am – 9.30pm.
Catchment area	Manor Street and surrounding areas.
Aims	To contribute to the improved wellbeing of the people in the community through the provision of a locally based professional counselling and psychotherapy service.
Counselling / support	Counselling and psychotherapy.
Costs	Donations.

Name	AWARENESS EDUCATION OFFICE
Address	3 Cabra Grove, Dublin 7.
Phone number	01 838 8888 or 087 918 0777.
Fax number	01 838 8888.
Opening hours	Monday to Friday 8.00am – 5.30pm.
Catchment area	Nationwide.
Counselling / support	Bereavement support and information on counselling services for alcohol misuse, bullying and dysfunction in the home.
Other services offered	Courses and seminars are offered on Facing up to Suicide which are of special interest to those at risk. Other courses available include Facing up to Alcohol Misuse, Confronting Bullying and Harmony in the Home.
Costs	€25 per seminar with concessions for special participants.

Name	BETHANY CABRA EAST BEREAVEMENT SUPPORT GROUP
Address	C/O 115 St Attracta Road, Cabra East, Dublin 7.
Phone number	01 838 3825.
Opening hours	Meetings twice monthly. Daily on phone if required.
Catchment area	Dublin 7.
Aims	To help people come to terms with death or any other loss.
Counselling / support	Bereavement support and one-to-one support.
Costs	Free.

Name	BETHANY CABRA WEST BEREAVEMENT SUPPORT GROUP
Address	Most Precious Blood Parish, Dunmanus Road, Cabra West, Dublin 7.
Phone number	01 838 8955.
Opening hours	One to one meetings on request.
Catchment area	Cabra West.
Aims	To help those who are bereaved to cope with their loss and be a listening presence to people requesting our help.
Counselling / support	Client centred – which enables the person come to terms with prolonged grief. Our work is parish based and we are there for those who need us.
Costs	Free.

Name	HEADWAY IRELAND – THE NATIONAL ASSOCIATION FOR ACQUIRED BRAIN INJURY
Address	Head Office, Unit 1-3, Manor Street Business Park, Manor Street, Dublin 7.
Phone number	01 810 2066 National Helpline: 1890 200 278.
Fax number	01 810 2070.
Email address	Services@headway.ie
Website	www.headwayireland.ie
Opening hours	Monday to Friday 9.00am – 5.00pm.
Catchment area	Nationwide.
Aims	To facilitate adjustment to loss and change after an acquired brain injury. Focus is on rebuilding self-esteem identity and coping strategies. The service helps family members and spouses cope with the loss of aspects of their loved one due to the injury. Loss of their loved one as they knew them and adjust to the circumstances as a result of the brain injury. Headway Ireland also works on bereavement issues with those who have a brain injury by helping individuals explore the losses that have occurred in their lives.
Counselling / support	Bereavement counselling.
Other services offered	Information and support, National Helpline, rehabilitative training, day activity service, outreach, sheltered workshops and local groups.
Costs	Donations welcome.

Name	IRISH STILLBIRTH & NEONATAL DEATH SOCIETY
Address	Carmichael House, 4 North Brunswick Street, Dublin 7.
Phone number	01 872 6996 or 01 822 4688.
Email address	info@isands.ie
Opening hours	Monday to Friday 9.00am – 9.00pm.
Catchment area	Nationwide.
Aims	To provide support and information to parents and families whose baby has died around the time of birth.
Counselling / support	Bereavement support.
Other services offered	Literature – leaflets on different topics connected to their loss.
Costs	Free.

Name	THE MISCARRIAGE ASSOCIATION OF IRELAND
Address	Carmichael Centre, North Brunswick Street, Dublin 7.
Phone number	01 873 5702 or 01 872 5550.
Fax number	01 873 5737.
Opening hours	Varied.
Catchment area	Nationwide.
Aims	To provide information, support and guidance to parents who have suffered through miscarriage. To foster an awareness of miscarriage as an issue in the public domain and highlight issues in the medical profession.
Counselling / support	Bereavement support.
Other services offered	Telephone Support all year round. Monthly meetings for bereaved parents. Bi-Annual public information meeting and occasional presentations to medical staff.
Costs	Free. Donations welcome.

Name	PARISH OF THE TRAVELLING PEOPLE
Address	6 New Cabra Road, Phibsborough, Dublin 7.
Phone number	01 838 8874.
Fax number	01 838 8901.
Email address	partravs@iol.ie
Opening hours	Monday to Friday 9.30am – 2.00pm.
Catchment area	Dublin Diocese.
Aims	Culturally appropriate pre-marriage preparation for traveller couples.
Counselling / support	Pre-marriage preparation, bereavement support.
Other services offered	Pastoral care.
Costs	Marriage preparation: €30 per course. Other supports: Free.

Name	RAINBOWS NAVAN ROAD
Address	C/O St John Bosco National Schools, Navan Road, Dublin 7.
Phone number	01 868 2676.
Opening hours	School hours.
Catchment area	Navan Road Schools.
Aims	To help build children's self esteem and to direct them towards a healthy acceptance of the changes that have taken place in their lives following the death or separation of a parent.
Other services offered	Rainbows support, child support.
Costs	Free.

Name	SPIRASI
Address	213, North Circular Road, Phibsboro, Dublin 7.
Phone number	01 838 9664.
Fax number	01 868 6500.
Email address	greg@ccst.ie
Website	www.spirasi.ie or www.ccst.ie
Opening hours	Monday to Friday 9.00am – 5.00pm.
Catchment area	National.
Aims	To engage in a healing process with survivors of torture to achieve their full potential whatever their background.
Counselling / support	Counselling, art therapy, complimentary therapy, group therapy and interpretation service.
Other services offered	Provision of medico-legal assessments, medical assessments, screening and admission of new referrals.
Costs	Free.

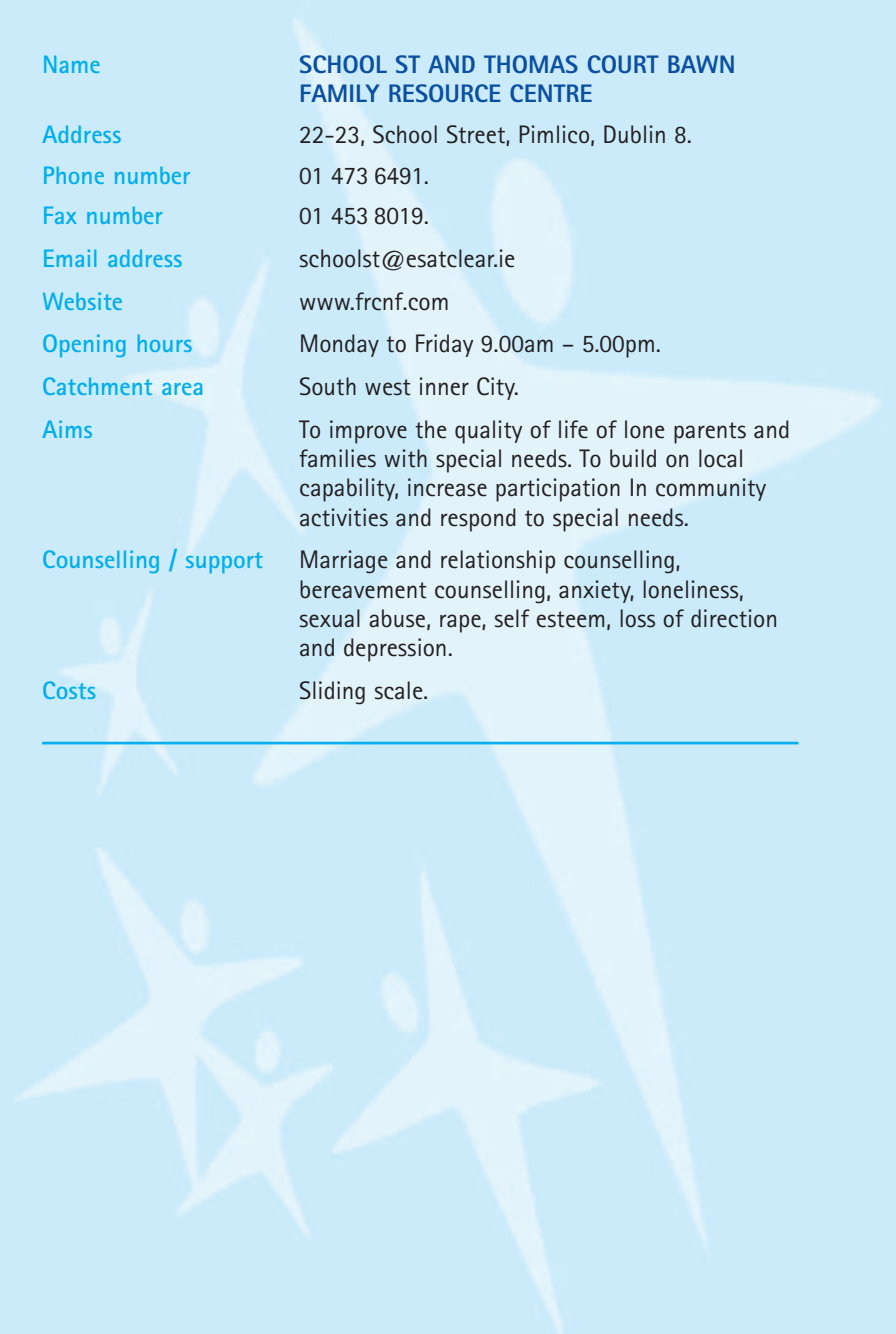
Name	HESED HOUSE
Address	74 Tyrconnell Road, Inchicore, Dublin 8.
Phone number	01 454 9474.
Fax number	01 453 0077.
Email address	hesedhouse@eircom.net
Opening hours	Monday to Thursday 9.30am – 5.30pm. Friday 9.30am – 1.00pm.
Catchment area	None excluded.
Aims	To offer counselling and support to families and individuals, especially those on low incomes. To be available as a community resource.
Counselling / support	Marriage and couple counselling, child counselling, and bereavement counselling.
Other services offered	Family therapy workshops and training.
Costs	Free and sliding scale.

Name	MERCHANT'S QUAY IRELAND
Address	4 Merchants Quay, Dublin 8.
Phone number	01 679 0044.
Fax number	01 671 3738.
Email address	info@mqi.ie
Website	www.mqi.ie
Opening hours	Monday to Friday 10.00am – 1.00pm and 2.00pm – 4.30pm.
Catchment area	Dublin Region.
Aims	Merchants Quay Ireland is a voluntary organisation providing a range of services for drug users and homeless persons. Our service includes relationship and bereavement counselling.
Counselling / support	Marriage counselling, bereavement counselling.
Costs	Free.

Name	OBLATES BEREAVEMENT SUPPORT GROUP
Address	Oblate Fathers, Inchicore, Dublin 8.
Phone number	01 453 4408.
Fax number	01 454 3466.
Opening hours	Monday to Friday 9.30am – 5.30pm.
Catchment area	Mary Immaculate Parish, Inchicore.
Aims	To listen to the bereaved and give them an opportunity to meet with others who are suffering after bereavement.
Counselling / support	Bereavement support.
Other services offered	Special Mass for the bereaved on the 1st Wednesday of November.
Costs	Free.

Name	RAINBOWS MERCY SECONDARY SCHOOL
Address	Goldenbridge, Inchicore, Dublin 8.
Phone number	01 453 1262.
Fax number	01 473 5335.
Email address	mercysecsch.ias@eircom.net
Opening hours	School hours.
Catchment area	Dublin 8.
Aims	To help children and young adults to cope with grief and loss, especially loss associated with death, divorce and separation.
Counselling / support	Peer support. Spectrum – adolescents.
Other services offered	Professional counselling for students of the school.
Costs	Free.

Name	RAINBOWS ST MICHAEL'S
Address	St Michael's CBS., St Michael's Estate, Inchicore, Dublin 8.
Phone number	01 453 4289.
Fax number	01 473 5857.
Opening hours	School hours.
Catchment area	Inchicore, Crumlin, Ballyfermot and Drimnagh.
Aims	To help children in the school share with their peers their experiences with loss and difficult changes in their lives.
Counselling / support	Rainbows support.
Other services offered	Childcare workers, therapists, artists in classroom.
Costs	Free.



Name	SCHOOL ST AND THOMAS COURT BAWN FAMILY RESOURCE CENTRE
Address	22-23, School Street, Pimlico, Dublin 8.
Phone number	01 473 6491.
Fax number	01 453 8019.
Email address	schoolst@esatclear.ie
Website	www.frcnf.com
Opening hours	Monday to Friday 9.00am – 5.00pm.
Catchment area	South west inner City.
Aims	To improve the quality of life of lone parents and families with special needs. To build on local capability, increase participation in community activities and respond to special needs.
Counselling / support	Marriage and relationship counselling, bereavement counselling, anxiety, loneliness, sexual abuse, rape, self esteem, loss of direction and depression.
Costs	Sliding scale.

Name	SÓLÁS BEREAVEMENT COUNSELLING SERVICE FOR CHILDREN
Address	Barnardo's, Christchurch Square, Dublin 8.
Phone number	01 453 0355 or Helpline 01 473 2110 Monday to Friday 10.00am – 12.00noon.
Fax number	01 473 0387 or 01 453 0300.
Email address	solas@barnardos.ie
Website	www.barnardos.ie
Opening hours	Monday to Friday 9.00am – 5.00pm Counselling sessions by appointment.
Catchment area	Nationwide.
Aims	To provide a counselling service to children who are bereaved by the death of a parent, sibling or other significant person in their lives and to provide listening, information and support via the Helpline.
Counselling / support	Bereavement counselling, family and individual child counselling.
Other services offered	Training and consultancy on Issues relating to childhood bereavement. Leaflets and resource materials.
Costs	Free. Donations welcome.

Name	ACCORD MARINO
Address	71 Griffith Avenue, Dublin 9.
Phone number	01 833 8631.
Email address	marino@dublin.accord.ie
Website	www.accord.ie
Opening hours	Monday to Wednesday 9.00am – 5.30pm. Thursday 3.30pm – 9.30pm.
Catchment area	Marino and surrounding areas.
Aims	To promote a better understanding of Christian marriage. To support people experiencing marriage / relationship difficulties.
Counselling / support	Marriage, relationship counselling.
Other services offered	Marital sexual therapy.
Costs	Donations welcome.

Name	ALL HALLOWS COLLEGE
Address	Gracepark Road, Drumcondra, Dublin 9.
Phone number	01 837 3745.
Fax number	01 857 1135.
Email address	purcellhouse@allhallows.ie
Website	www.allhallows.ie
Opening hours	Monday to Sunday 9.00am – 5.00pm.
Catchment area	North Dublin / Nationwide.
Aims	To provide marriage preparation and marriage enrichment courses.
Counselling / support	Pre-marriage courses.
Other services offered	Imago relationship support.
Costs	Pre-marriage courses €100.

Name	BETHANY OUR LADY OF VICTORIES BEREAVEMENT SUPPORT GROUP
Address	Our Lady of Victories, Ballymun Road, Glasnevin, Dublin 9.
Phone number	01 842 3209 or 01 837 8273.
Opening hours	First Friday every month 8.00pm – 9.00pm.
Catchment area	Glasnevin, Santry, Wadali.
Aims	To help the bereaved come to terms with their grief.
Counselling / support	Bereavement support.
Costs	Free.

Name	BETHANY WHITEHALL BER. SUPP GROUP
Address	Church of the Holy Child, Whitehall, Dublin 9.
Phone number	01 837 5274.
Opening hours	Last Friday of every month 7.30pm – 9.00pm.
Catchment area	Whitehall and surrounding areas.
Aims	We provide a support and listening service to bereaved persons. Monthly meetings or one-to-one counselling is available as required.
Counselling / support	Bereavement support.
Costs	Free.

Name	CARI FOUNDATION DUBLIN
Address	110, Lower Drumcondra Road, Dublin 9.
Phone number	01 830 8529. (National Lo-call Helpline 1890 924 567).
Fax number	01 830 6309.
Email address	info@cari.ie
Website	www.cari.ie
Opening hours	Monday to Friday 9.30am – 5.30pm.
Catchment area	Eastern Health Board, Mid Western Health Board, Northern Area Health Board. We also see clients from all other Health Board regions.
Aims	CARI's primary aim is to provide professional, child centred support and long-term therapy and young people who have experienced child sexual abuse. We also provide support, counselling and therapy to non-abusing family members / carers or groups affected by child sexual abuse.
Counselling / support	Child, marriage and bereavement counselling, group work, crisis counselling, advice appointments, support services and therapy for children and their non-abusing family members as appropriate. Individual therapy and art / play / sand therapy for children and young people affected by child sexual abuse.
Other services offered	Lo-call Helpline 1890 924567 providing advice and information for anyone who has concerns about child sexual abuse or child protection issues. Preventative education for young people / schools. Awareness programmes for professional and groups. Training and consultancy to professional and groups.
Costs	CARI aims to provide our services to anyone who needs them regardless of their means. As such, we suggest a nominal fee where appropriate but this is negotiable and donations are always welcome.

Name	CONSOLE
Address	All Hallows College, Gracepark Road, Drumcondra, Dublin 9.
Phone number	01 857 4300. National Helpline: 1800 201 890.
Fax number	01 857 4310.
Website	www.console.ie
Email address	info@console.ie
Opening hours	Monday to Friday 9.00am – 5.30pm (counselling by appointment).
Catchment area	Nationwide – offices in Dublin and Galway.
Aims	To provide help, support and counselling to people who have been bereaved by suicide. Console also promotes positive mental health within our communities in an effort to reduce the high number of attempted and completed suicides.
Counselling / support	Bereavement counselling, family and individual therapy and support groups.
Other services offered	National freephone helpline, community outreach programmes, educational programmes, workshops and conferences, suicide prevention, youth suicide prevention DVD / Video for schools and colleges, Seasons of Growth programmes for young people and adults.
Costs	Sliding scale.

Name	RAINBOWS BALLYMUN ROAD
Address	Our Lady of Victories School, Ballymun Road, Dublin 9.
Phone number	01 837 9833.
Fax number	01 837 9833.
Opening hours	During or after school – pupils only.
Catchment area	Ballymun, Glasnevin, Santry, Finglas, Coolock, Ballygall.
Aims	Support groups for children who have suffered bereavement, divorce or separation in their families.
Counselling / support	Bereavement support, separation support for children.
Costs	Free.

Name	RAINBOWS GLASNEVIN
Address	St Brigid's Primary School, Old Finglas Road, Glasnevin, Dublin 9.
Phone number	01 837 6653.
Fax number	01 857 1595.
Email address	stbrigid@iol.ie
Opening hours	School hours.
Catchment area	School pupils.
Aims	Rainbows is a peer support group whose aim is to help and enable children to cope and deal with bereavement and separation issues.
Counselling / support	Rainbows support.
Costs	Free.

Name	RAINBOWS SCOIL AN TSEACHTAR LAOCH
Address	Scoil an Tseachtar Laoch, Bothar Bhaile Munna, Baile Átha Cliath 9.
Phone number	01 842 5725 (school hours only).
Email address	7laoch.ias@eircom.net
Opening hours	School hours.
Catchment area	School pupils only.
Aims	Support groups for children who have suffered bereavement, divorce or separation in their families.
Counselling / support	Rainbows support.
Costs	Free.

Name	FAMILY THERAPY CENTRE
Address	St Dominic's Secondary School, Kylemore Road, Ballyfermot, Dublin 10.
Phone number	01 623 8035.
Fax number	01 623 8036.
Email address	kfitz204@yahoo.com
Opening hours	Monday to Friday 8.00am – 4.00pm.
Catchment area	Ballyfermot.
Aims	To provide young people with an opportunity to explore issues of separation, bereavement, anger management, grief, crime awareness in a confidential and supportive setting.
Counselling / support	Bereavement counselling, child counselling in relation to parental separation.
Other services offered	Family therapy which facilitates conversations between adolescents and their families.
Costs	Free.

Name	OASIS COUNSELLING SERVICE
Address	1 Drumfinn Park, Ballyfermot, Dublin 10.
Phone number	01 626 8519.
Fax number	01 626 8519.
Opening hours	Monday to Friday 9.00am – 8.00pm.
Catchment area	Dublin 10 and surrounding areas.
Aims	Community counselling service to help hurting people work through their times of difficulty.
Counselling / support	Marriage counselling, marriage preparation, child counselling, bereavement counselling.
Other services offered	Therapeutic play, support for families of substance abusers, crisis pregnancy.
Costs	Sliding scale €15 – €45 negotiable. Voluntary contributions welcome.

Name	ACCORD BALLYMUN
Address	Unit 23, Ballymun Shopping Centre, Dublin 11.
Phone number	01 862 1508.
Email address	ballymun@dublin.accord.ie
Website	www.accord.ie
Opening hours	Monday to Friday 9.30am – 5.30pm.
Catchment area	Ballymun and surrounding areas.
Aims	To promote better understanding of Christian marriage. To support people experiencing marriage and relationship difficulties.
Counselling / support	Marriage, relationship counselling.
Costs	Donations welcome.

Name	BALLYMUN FAMILY RESOURCE CENTRE
Address	4 Sillogue Road, Ballymun, Dublin 11.
Phone number	01 862 2156 or 01 862 2194.
Fax number	01 862 3160.
Email address	ballymunresource@hotmail.com
Opening hours	Monday to Friday 10.00am – 4.00pm.
Catchment area	Ballymun and clients throughout the 32 counties.
Aims	The overall aim of the Ballymun Family Resource Centre is to address the marginalisation and isolation which results from the break up of the family unit.
Counselling / support	Marriage counselling, child counselling, relationship counselling.
Costs	Free.

Name	BETHANY BALLYGALL BEREAVEMENT GROUP
Address	C/O 75 St Pappins Road, Glasnevin North, Dublin 11.
Phone number	01 837 1992.
Opening hours	Wednesday 10.30am – 12.00noon plus weekly visits if requested.
Catchment area	Ballygall, Glasnevin North, Finglas.
Aims	To listen, support and visit the bereaved for as long as they need us.
Counselling / support	Bereavement support.
Costs	Free.

Name	BETHANY FINGLAS WEST BEREAVEMENT SUPPORT GROUP
Address	Church of the Annunciation, Cappagh Road, Finglas West, Dublin 11.
Phone number	01 834 1284 or 01 834 1211.
Opening hours	3rd Friday of every month 11.00am – 12.00 noon.
Catchment area	Finglas West.
Aims	To provide a “listening ear” to those suffering bereavement or loss from death or suicide.
Counselling / support	Bereavement support.
Other services offered	Support Group for families of suicide victims.
Costs	Free.

Name	BETHANY ST CANICE'S BEREAVEMENT SUPPORT GROUP
Address	C/O St Canice's Church, Finglas Village, Dublin 11.
Phone number	086 203 1358.
Opening hours	1st and 3rd Thursday each month 10.30am – 12noon. 1st Tuesday each month 8.00pm – 9.00pm. Home visits anytime.
Catchment area	Finglas and surrounding areas.
Aims	To be a listening ear for those who have been bereaved. To provide a comfortable place where they can come and talk in confidence.
Counselling / support	Bereavement support.
Costs	Free.

Name	FINGLAS COUNSELLING SERVICE
Address	St Helena's Resource Centre, St Helena's Road, Finglas South, Dublin 11.
Phone number	01 834 3558 between 10.00am – 1.00pm.
Opening hours	Monday to Friday 9.30am – 8.30pm.
Catchment area	Finglas, Cabra, Ballymun, Glasnevin.
Aims	To provide a confidential counselling service to enable people to grow and develop leading to a healthier family life.
Counselling / support	Relationships (marital breakdown). People with low self esteem, stress, bereavement, sexual abuse, victims of crime and depression.
Costs	Donations.

Name	MISSING IN IRELAND SUPPORT SERVICE
Address	Unit 3, Ballyboggin Industrial Estate, Finglas, Dublin 11.
Phone number	087 900 6255.
Opening hours	Contact after 6.00pm.
Catchment area	Leinster, Midlands.
Aims	To provide a support service for families and friends of missing persons. Raise public awareness of missing persons.
Counselling / support	Family counselling, bereavement counselling, phone support, crisis intervention and one-to-one.
Costs	Sliding scale.

Name	ST JOHN'S EDUCATION CENTRE
Address	Holy Faith Grounds, Glasnevin, Dublin 11.
Phone number	01 884 4996.
Fax number	01 884 4902.
Email address	stjohnscentre@eircom.net
Opening hours	Monday to Friday 9.00am – 2.00pm.
Catchment area	General Dublin Area.
Aims	To assist students from dysfunctional backgrounds to come to terms with their lives and to remain in the school system.
Counselling / support	Child counselling in relation to parental separation.
Costs	Free.

Name	TEEN COUNSELLING BALLYGALL
Address	19 Glasilawn Avenue, Ballygall, Dublin 11.
Phone number	01 864 6014.
Fax number	01 864 6015.
Email address	ballygall@teencounselling.com
Opening hours	Monday, Tuesday and alternate Wednesdays 9.30am – 5.00pm.
Catchment area	Community Care Area 6.
Aims	To address general adolescent problems, e.g. behaviour difficulties, early drug and alcohol misuse, anxiety, communication difficulties, adjustment following separation or bereavement. It has a special interest in the prevention of substance misuse.
Counselling / support	Marriage, child and bereavement counselling.
Other services offered	Counselling in relation to adolescent problems prevention of substance misuse. Advice service to parents and professionals.
Costs	Free.

Name	BETHANY KIMMAGE MANOR
Address	Kimmage Manor, Church of the Holy Spirit, Whitehall Road, Dublin 12.
Phone number	01 456 7096.
Opening hours	By appointment.
Catchment area	Dublin 12 and surrounding areas.
Aims	To support and listen to the bereaved.
Counselling / support	Bereavement support.
Costs	Free.

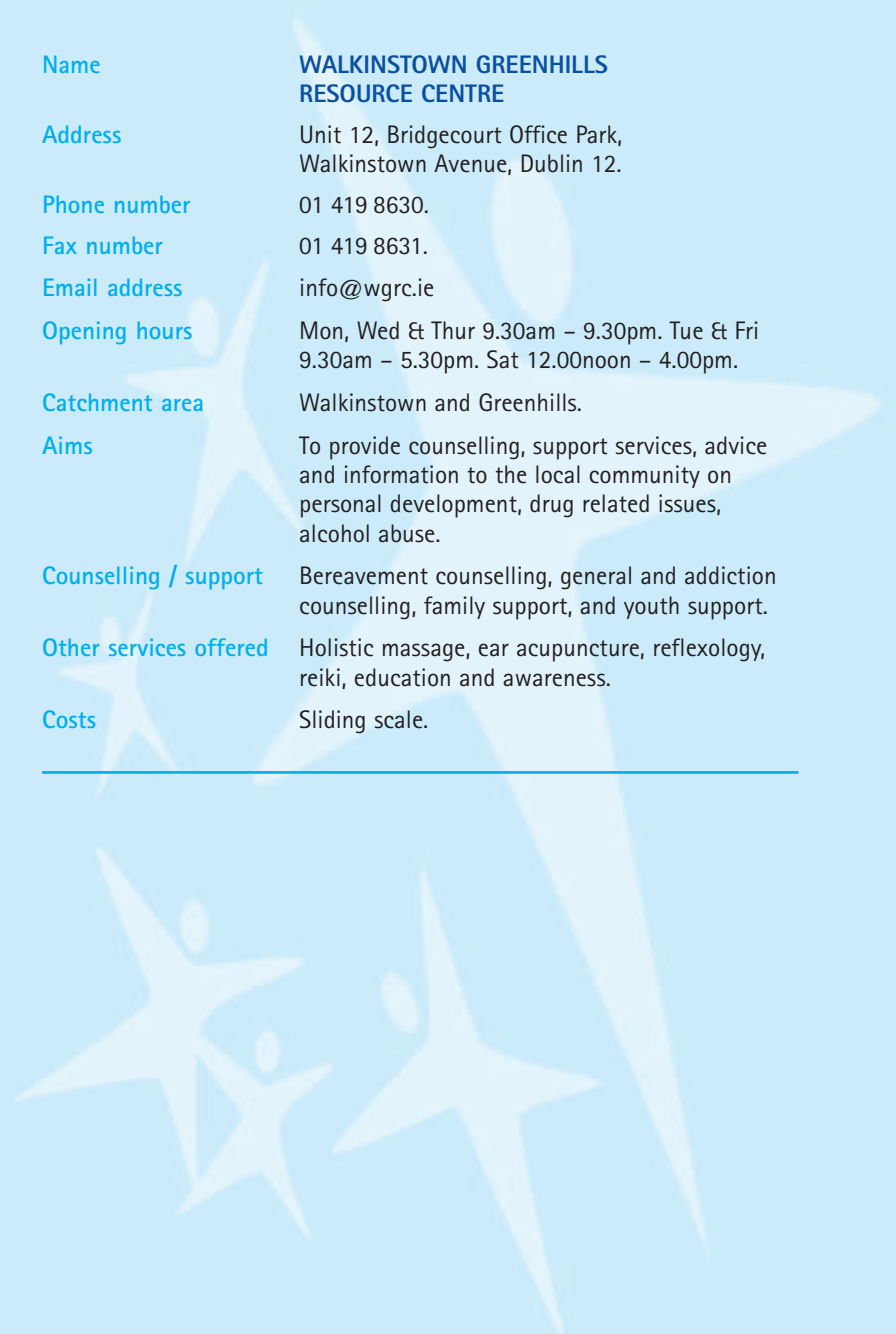
Name	KAIROS COUNSELLING CENTRE
Address	Social Services Centre, Sisters of Charity, Kilnamanagh Road, Walkinstown, Dublin 12.
Phone number	01 450 4361.
Fax number	01 450 4361.
Email address	kairosd12@eircom.net
Opening hours	Monday to Friday 10.00am – 9.00pm.
Catchment area	Dublin 12 and 24.
Aims	To offer counselling / psychotherapy to all, especially to the less well off. To offer reduced cost counselling and to enable people to overcome the effects of trauma, stress, etc. and get on with their lives.
Counselling / support	Person-centred dealing with stress, depression, abuse, relationships, separations and bereavement.
Other services offered	Personal development workshops, spiritual direction and Reiki healing.
Costs	€20 – €40 per session average, but fee is always negotiable.

Name	LOWER CRUMLIN FAMILY SUPPORT
Address	C/O Lower Crumlin Youth Centre, 31A Lower Crumlin Road, Crumlin, Dublin 12.
Phone number	01 416 3418.
Opening hours	Monday to Friday 9.00am – 5.00pm.
Catchment area	Lower Crumlin.
Aims	To support families affected by drug use and bereavement and to offer a listening ear, community liaison and practical support.
Counselling / support	Individual counselling.
Other services offered	Support for families particularly grandparents rearing children on their own.
Costs	Free.

Name	RAINBOWS GREENHILLS
Address	C/O St Paul's Senior Primary School, Greenhills, Dublin 12.
Phone number	01 450 0880.
Opening hours	School hours.
Catchment area	Greenhills and surrounding areas.
Aims	Support children who have been bereaved through death, separation or divorce.
Counselling / support	Rainbows support.
Costs	Free.

Name	RAINBOWS IRELAND
Address	Loreto Centre, Crumlin Road, Dublin 12.
Phone number	01 473 4175.
Fax number	01 473 4177.
Email address	ask@rainbowsireland.com
Opening hours	Monday to Friday 9.00am – 5.00pm.
Catchment area	Nationwide.
Aims	To provide peer support under the guidance of a trained facilitator so that participants can deal with the emotional trauma experienced when parents are lost through death / separation or divorce.
Counselling / support	Bereavement support.
Costs	Free.

Name	RAINBOWS LORETO SENIOR PRIMARY SCHOOL
Address	Loreto Senior Primary School, Crumlin Road, Dublin 12.
Phone number	01 454 1669.
Fax number	01 454 1669.
Email address	lsp.ias@tinet.ie
Website	homepage.eircom.net/~loretoseniorprimary
Opening hours	School hours.
Catchment area	Crumlin and surrounding areas.
Aims	To provide / facilitate support for children who have suffered a significant loss through bereavement or separation.
Counselling / support	Rainbows support.
Costs	Free.



Name	WALKINSTOWN GREENHILLS RESOURCE CENTRE
Address	Unit 12, Bridgecourt Office Park, Walkinstown Avenue, Dublin 12.
Phone number	01 419 8630.
Fax number	01 419 8631.
Email address	info@wgrc.ie
Opening hours	Mon, Wed & Thur 9.30am – 9.30pm. Tue & Fri 9.30am – 5.30pm. Sat 12.00noon – 4.00pm.
Catchment area	Walkinstown and Greenhills.
Aims	To provide counselling, support services, advice and information to the local community on personal development, drug related issues, alcohol abuse.
Counselling / support	Bereavement counselling, general and addiction counselling, family support, and youth support.
Other services offered	Holistic massage, ear acupuncture, reflexology, reiki, education and awareness.
Costs	Sliding scale.

Name	BALDOYLE FAMILY RESOURCE SERVICES LTD
Address	Respond Housing Development, Grange Road, Baldoyle, Dublin 13.
Phone number	01 832 6115.
Fax number	01 839 6774.
Email address	bfrs@eircom.net
Opening hours	Monday to Friday 9.30am to 5.00pm. Counselling & Psychotherapy by appointment (including evening times).
Catchment area	Baldoyle and surrounding areas.
Aims	To offer support to families in our community and its environs through services which will enhance their development and well being.
Counselling / support	Marriage and relationship counselling, child counselling, bereavement counselling, separation, depression, anxiety, stress, abuse and trauma. Coming to terms with change in life patterns, areas relating to emotional growth and personal development.
Other services offered	Reflexology, massage, reiki, meals on wheels, Dochas (hope after suicide) a free listening service for people affected / bereaved by suicide. Various courses and talks.
Costs	Donations welcome.

Name	THE BEREAVEMENT COUNSELLING SERVICE
Address	Administrative Office, Dublin Street, Baldoye, Dublin 13.
Phone number	01 839 1766.
Email address	bereavement@eircom.net
Website	www.bereavementireland.org
Opening hours	Monday to Friday 9.00am – 1.00pm.
Catchment area	Dublin city and county, Newbridge, Kildare, Bray and Carlow.
Aims	To provide support and counselling to enable people to deal with their grief and to advance education by promoting interest in and awareness of the grieving process. To train volunteers in bereavement counselling to work with the service.
Counselling / support	Bereavement counselling.
Other services offered	Group and one-to-one facilitation for grieving children. Help in promoting mental well being among people by giving public talks to community groups, schools, etc., to enable people to understand grieving.
Costs	Voluntary donations.

Name	RAINBOWS BAYSIDE
Address	Bayside Senior School, Verbena Avenue, Bayside, Dublin 13.
Phone number	01 839 3682.
Fax number	01 839 3682.
Opening hours	School hours.
Catchment area	Pupils from Bayside Senior School.
Aims	To provide forum where children can talk about their feelings in a safe environment and receive emotional support from facilitator and peer group.
Counselling / support	Rainbows support.
Costs	Free.

Name	RAINBOWS HOLY TRINITY
Address	Holy Trinity Senior School, Grange Road, Donaghmede, Dublin 13.
Phone number	01 847 4695.
Opening hours	School hours.
Catchment area	Donaghmede and surrounding areas.
Aims	To help the participants to develop an understanding of their new family situations and to build self-esteem and direct them towards a healthy resolution of the changes that have taken place in their lives.
Other services offered	Child supports, peer supports for young people who have experienced parental separation or loss of parent / guardian or close relative.
Costs	Free.

Name	RAINBOWS ST PAUL'S AYRFIELD
Address	St Paul's National School, Ard na Gréine, Dublin 13.
Phone number	01 847 5042.
Email address	philomenabuckley@hotmail.com
Opening hours	12 week course after school hours.
Catchment area	Parish of St Paul's Ayrfield and surrounding parishes.
Aims	Support for children who have had a bereavement in the family or whose parents have separated.
Counselling / support	Rainbows support.
Costs	Free.

Name	T.A.R.G.E.T.
Address	C/O Holy Trinity Schools, Newbrook Road, Donaghmede, Dublin 13.
Phone number	01 867 0279.
Fax number	01 848 8084.
Opening hours	Monday to Friday 9.15am – 1.00pm. Evening appointments available. Free childcare for morning appointments by arrangement with receptionist.
Catchment area	Dublin 13 and surrounding areas.
Aims	To provide a confidential one-to-one non-directive counselling service and to support families in distress through a community based counselling service. To train selected participants in core counselling skills to provide, when trained, a counselling service.
Counselling / support	Marriage and relationship counselling, bereavement counselling.
Other services offered	Marriage preparation courses, literacy scheme, parenting skills, lone parents, local employment services, adult education courses, social services and information.
Costs	Donations welcome.

Name	BETHANY BALLYROAN BEREAVEMENT SUPPORT GROUP
Address	Community Centre, Marian Road, Rathfarnham, Dublin 14.
Phone number	01 494 6675.
Catchment area	Ballyroan and surrounding areas.
Aims	To provide confidential support to the bereaved and those suffering any loss for as long as they wish.
Counselling / support	Bereavement support or one-to-one support.
Costs	Free.

Name	BETHANY BEREAVEMENT SUPPORT GROUP (CENTRAL OFFICE)
Address	C/O Parish Secretary, Rathfarnham Parish Centre, Willbrook Road, Rathfarnham, Dublin 14.
Phone number	01 494 3142.
Email address	bethanysupport@eircom.net
Website	http://homepage.eircom.net/bethanysupport
Catchment area	Dublin Archdiocese.
Aims	To support bereaved and grieving people and help them come to terms with their loss.
Counselling / support	Bereavement support.
Other services offered	Training courses for parish groups.
Costs	Free.

Name	BETHANY CHURCHTOWN BEREAVEMENT SUPPORT GROUP
Address	C/O Church of the Good Shepherd, Churchtown, Dublin 14.
Phone number	01 298 4642.
Opening hours	Group meeting 2nd Monday of every month 8.00pm – 9.00pm. One-to-one support every other Monday 8.00pm – 9.00pm or Friday 2.00pm – 3.00pm by appointment.
Catchment area	Churchtown.
Aims	To provide support to those who have been bereaved.
Counselling / support	Bereavement support and one-to-one support.
Costs	Free.

Name	BETHANY CLONSKEAGH BEREAVEMENT SUPPORT GROUP
Address	C/O Church of the Miraculous Medal, Bird Avenue, Clonskeagh, Dublin 14.
Phone number	01 298 7565.
Email address	jetty@indigo.ie
Catchment area	Clonskeagh.
Aims	To support those who have been bereaved.
Counselling / support	Bereavement support, home visitation, drop-in centre, public talks, November Mass of Light.
Other services offered	Talks and seminars on bereavement and associated issues.
Costs	Free.

Name	BETHANY RATHFARNHAM BEREAVEMENT SUPPORT GROUP
Address	C/O St Mary's, Willbrook Road, Rathfarnham, Dublin 14.
Phone number	01 493 2390.
Catchment area	Rathfarnham.
Aims	Parish based voluntary group providing support to bereaved persons.
Counselling / support	Bereavement support.
Costs	Free.

Name	GOOD SHEPHERD COMMUNITY SUPPORT GROUP
Address	C/O Good Shepherd National School, Whitehall Road, Churchtown, Dublin 14.
Phone number	01 298 9475.
Fax number	01 296 0267.
Email address	emccormick@goodshepherd.ie
Opening hours	Monday to Friday 9.30am – 2.30pm.
Catchment area	Churchtown and surrounding areas.
Aims	To provide referral and support services for families in relation to child counselling and Rainbows group support.
Counselling / support	Child counselling and support, bereavement support and Rainbows groups.
Costs	Free.

Name	ACCORD BLANCHARDSTOWN
Address	Accord House, Church Avenue, Blanchardstown, Dublin 15.
Phone number	01 820 1044.
Email address	blanchardstown@dublin.accord.ie
Website	www.accord.ie
Opening hours	Monday to Thursday 9.00am – 2.00pm. 8.00pm – 10.00pm.
Catchment area	Dublin 15 and 7.
Aims	To promote a better understanding of Christian marriage. To support people experiencing marriage and relationship difficulties.
Counselling / support	Marriage, relationship counselling.
Other services offered	Fertility counselling.
Costs	Donations welcome.

Name	BETHANY ST THOMAS BEREAVEMENT SUPPORT GROUP
Address	C/O 3 Castleknock Crescent, Laurel Lodge, Castleknock, Dublin 15.
Phone number	087 213 8590.
Catchment area	Laurel Lodge and surrounding areas.
Aims	To offer support and a confidential listening presence to those who have suffered a loss in our community.
Counselling / support	Bereavement support.
Costs	Free.

Name	DOCHAS
Address	The Oratory, Blanchardstown Centre, Dublin 15.
Phone number	01 820 0915.
Fax number	01 820 0915.
Opening hours	Monday to Saturday 8.00am – 5.00pm. Thursday and Friday to 8.00pm. Sunday 1.00pm – 5.00pm.
Catchment area	Dublin 15.
Aims	To support and listen to those bereaved by suicide.
Counselling / support	Bereavement support.
Costs	Free.

Name	GENESIS PSYCHOTHERAPY & FAMILY THERAPY SERVICE
Address	Blackcourt Road, Corduff, Blanchardstown, Dublin 15.
Phone number	01 820 2764.
Fax number	01 820 2764.
Email address	genesisdublin15@eircom.net
Opening hours	Monday to Friday 9.00am -5.00pm. Tuesday and Wednesday evenings to 9.00pm.
Catchment area	Blanchardstown and Dublin 15 area.
Aims	Provision of individual, couple and family psychotherapy.
Counselling / support	Systemic Psychotherapy / family therapy.
Other services offered	Parenting programmes and consultation.
Costs	Sliding scale.

Name	RAINBOWS RIVERSDALE
Address	Riversdale Community College, Blanchardstown Road North, Dublin 15.
Phone number	01 820 1488.
Fax number	01 820 1122.
Email address	rdale@eircom.net
Opening hours	School hours.
Catchment area	Blanchardstown, Mulhuddart and surrounding areas.
Aims	School based peer support programme for issues of loss, separation, divorce, bereavement and loss of homeland.
Counselling / support	Rainbows support.
Costs	Free.

Name	ANGELS COMMUNITY GROUP
Address	C/O Queen of Angels Primary School, Wedgewood, Sandyford, Dublin 16.
Phone number	01 294 3180.
Fax number	01 294 3486.
Opening hours	School hours.
Catchment area	Sandyford, Ballyogan and Balally.
Aims	To help children who experience loss through death, separation, marital breakdown, etc.
Counselling / support	Child counselling, group support and Rainbows support.
Costs	Free.


Name	BALLYBODEN FAMILY RESOURCE CENTRE
Address	29 Whitechurch Way, Ballyboden, Dublin 16.
Phone number	01 493 5953.
Fax number	01 493 5603.
Email address	bfrc@dna.ie
Website	www.ballyboden-frc.com
Opening hours	Monday to Friday 9.00am – 10.00pm.
Catchment area	Whitechurch, Glenmore and Pierce Brothers Park.
Aims	To work from an equality perspective to support the development of resources, enhancing local skills on creating an environment in which everyone can enjoy a meaningful, healthy and rewarding lifestyle.
Counselling / support	Child counselling, marriage counselling, bereavement counselling and addiction counselling.
Other services offered	Montessori, crèche, adult education, drop-in centre, TD advice, Les, Mabs, afterschools club, teenage parenting group and grinds club.
Costs	Donation for counselling service.

Name	BETHANY BALLYBODEN BEREAVEMENT SUPPORT GROUP
Address	St Augustine's, Taylor's Lane, Ballyboden, Dublin 16.
Phone number	01 494 4966.
Fax number	01 493 9915.
Email address	http://homepageeircom.net/BethanySupport
Opening hours	1st Thursday of every month 8.00pm – 9.00pm.
Catchment area	Ballyboden, Dublin 16.
Aims	To give empathy and support to people suffering a loss through bereavement and to provide them with an outlet through which they can express their grief.
Counselling / support	Bereavement support.
Costs	Free.

Name	RAINBOWS BALLYBODEN
Address	C/O St Augustine's, Taylors Lane, Ballyboden, Dublin 16.
Phone number	01 494 4966.
Fax number	01 493 9915.
Opening hours	Monday to Friday 9.00am. to 5.00pm (Office). Rainbows groups by appointment.
Catchment area	Ballyboden and surrounding areas.
Aims	To assist children aged 6 – 15 years who have experienced loss of a loved one through bereavement or separation.
Costs	Free.

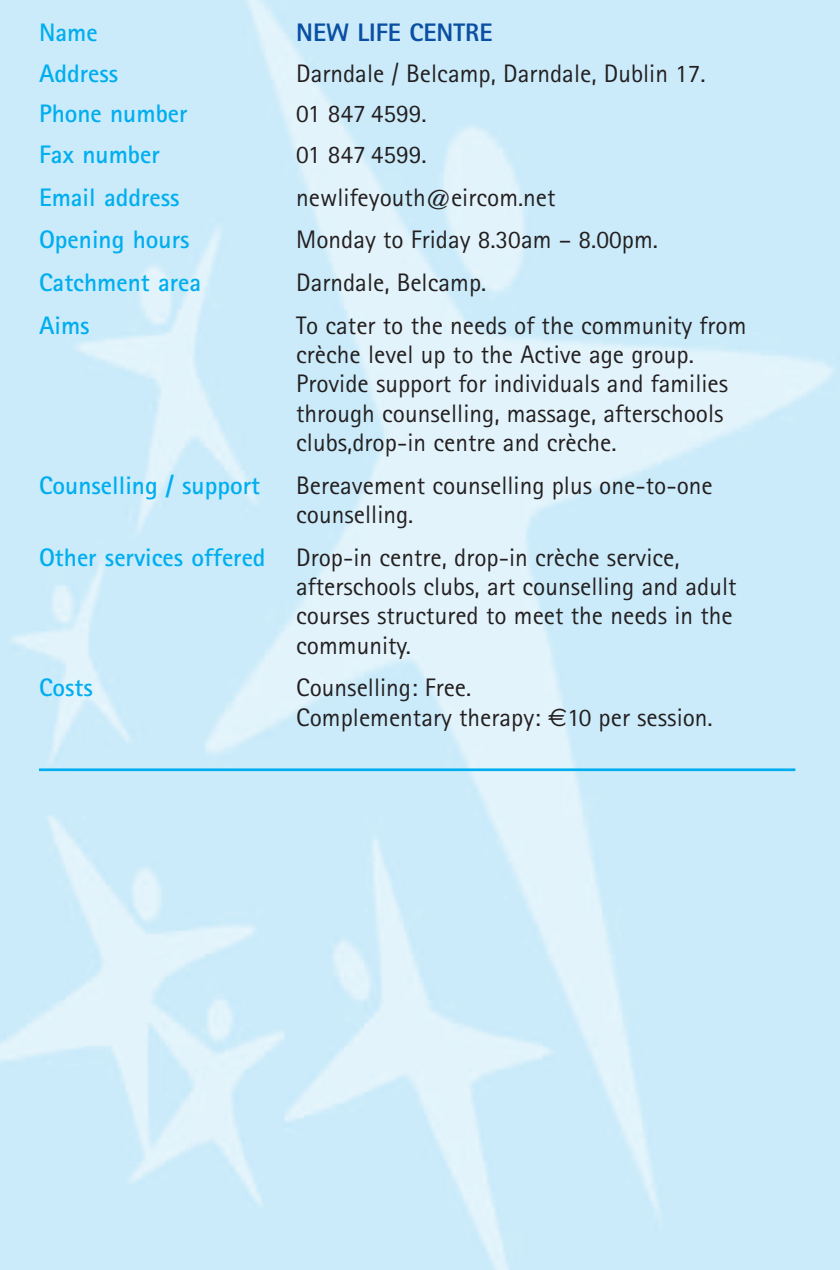
Name	RAINBOWS – MARLEY GRANGE PARISH CENTRE
Address	25-27 Hermitage Downs, Rathfarnham, Dublin 16.
Phone number	01 494 4295.
Fax number	01 494 1042.
Opening hours	Monday to Friday 9.00am – 1.00pm.
Catchment area	Marley Grange and surrounding areas.
Aims	To provide a safe and caring environment where we can give support and healing to children who are affected by marriage break-up or bereavement. Also, bereavement support service available for adults.
Counselling / support	Rainbows support and bereavement support.
Costs	Free.

Name	RAINBOWS ST JOHN THE EVANGELIST PARISH
Address	Ballinteer Avenue, Dublin 16.
Phone number	087 632 0362.
Email address	rainbowsballinteer@vodafone.ie
Catchment area	Dublin 14, 16 and surrounding areas.
Aims	Peer support for children suffering the effects of loss through bereavement or separation.
Counselling / support	Rainbows support.
Costs	Free.



Name	TIERNAN'S WOMEN'S GROUP
Address	C/O St Tiernan's Community School, Sandyford, Dublin 16.
Phone number	01 295 3224 or 01 206 1554.
Fax number	01 295 3225.
Opening hours	Monday to Friday 9.00am – 4.00pm.
Catchment area	Dundrum, Sandyford.
Aims	To provide counselling for children who have been bereaved or have been distressed by parental separation. To provide family counselling for those who have suffered bereavement.
Counselling / support	Individual child counselling and bereavement counselling. Family therapist provides group support.
Costs	Free.

Name	DORAS BUÍ – A PARENT’S ALONE RESOURCE CENTRE
Address	Bunratty Drive, Coolock, Dublin 17.
Phone number	01 848 4811 or 01 848 1872.
Fax number	01 848 1116.
Email address	parc@indigo.ie
Opening hours	Monday to Friday 9.00am – 5.00pm. Childcare Centre 8.30am – 6.00pm. Child counselling – by appointment.
Catchment area	Northside Dublin.
Aims	To bring lone parents together and support them in jointly identifying and tackling their own problems. To research and highlight policy needs, educate State agencies and the local community and promote the development and integration of services and facilities for one-parent families.
Counselling / support	Child counselling.
Other services offered	Information and support for lone parents, outreach and in-house training programmes, local employment service network office, night art, childcare, pre-school and after-school.
Costs	Free. Donations welcome.



Name	NEW LIFE CENTRE
Address	Darndale / Belcamp, Darndale, Dublin 17.
Phone number	01 847 4599.
Fax number	01 847 4599.
Email address	newlifeyouth@eircom.net
Opening hours	Monday to Friday 8.30am – 8.00pm.
Catchment area	Darndale, Belcamp.
Aims	To cater to the needs of the community from crèche level up to the Active age group. Provide support for individuals and families through counselling, massage, afterschools clubs, drop-in centre and crèche.
Counselling / support	Bereavement counselling plus one-to-one counselling.
Other services offered	Drop-in centre, drop-in crèche service, afterschools clubs, art counselling and adult courses structured to meet the needs in the community.
Costs	Counselling: Free. Complementary therapy: €10 per session.

Name	NORTHSIDE COUNSELLING SERVICE LTD
Address	Coolock Development Centre, Bunratty Drive, Bonnybrook, Dublin 17.
Phone number	01 848 4789.
Fax number	01 848 9999.
Email address	ncsl@eircom.net
Opening hours	Monday, Tuesday and Thursday 10.00am – 4.00pm and 6.30pm. – 8.30pm. Wednesday 10.00am – 2.00pm and 6.00pm – 8.00pm. Friday 10.00am – 2.00pm.
Catchment area	North Co. Dublin and Dublin City.
Aims	To provide a quality accessible low cost professional counselling service that meets the on-going needs of the local community.
Counselling / support	Relationship, marriage, couples, bereavement, grief, loss and related difficulties.
Other services offered	Life management skills group plus support group for those bereaved by suicide. Ageing with confidence groups plus Diploma in Counselling (3yr part-time) recognised by I.A.C.P.
Costs	Sliding scale.


Name	RAINBOWS BELCAMP COLLEGE
Address	Belcamp College, Malahide, Dublin 17.
Phone number	01 846 1275.
Fax number	01 848 5725.
Email address	belcampcollege.ias@eircom.net
Opening hours	school hours.
Catchment area	Darndale, Swords and Kinsealy.
Aims	To provide peer support to the students in small groups. Those who have suffered bereavement and / or parental separation are guided through the programme by an adult.
Counselling / support	Rainbow support.
Costs	Free.

Name	RAINBOWS DARNDALE (JNS & SNS)
Address	Our Lady Immaculate Junior & Senior National Schools, Darndale, Dublin 17.
Phone number	01 847 6643 or 01 877 1185.
Opening hours	School hours.
Catchment area	Darndale / Belcamp.
Aims	To provide group support for young children who have suffered from separation or bereavement in the family.
Other services offered	Bereavement support.
Costs	Free.

Name	BETHANY FOXROCK BEREAVEMENT SUPPORT GROUP
Address	C/O 15 Valeview Avenue, The Park, Cabinteely, Dublin 18.
Phone number	01 285 3576.
Fax number	01 202 5449.
Email address	paulinecronin@eircom.net
Opening hours	Meetings 3rd Monday each month. Available by phone at all times.
Catchment area	Foxrock parish and surrounding areas.
Aims	To support those who are grieving we offer a listening ear at monthly meetings and also home visits.
Other services offered	Bereavement support.
Costs	Free.

Name	FAMILY LIFE CENTRE
Address	St Brigid's, Cabinteely, Dublin 18.
Phone number	01 285 0455.
Fax number	01 284 7260.
Opening hours	Monday to Friday 9.00am – 1.00pm.
Catchment area	Cabinteely and surrounding areas.
Aims	To support, develop and nurture the family in its current diverse forms, thereby creating stability and continuity of family life, enriching the individuals concerned and the community.
Counselling / support	Marriage and relationship counselling, separation, child, bereavement, general relationships, stress, self-esteem.
Other services offered	Support Groups i.e. bereavement, parents of children with special needs, Rainbows, Aware. Parenting programmes, stress management lectures ie: addiction, women's health, Mother and toddler group and special needs social club. Post separation parenting, spiritual development, social club for older adults.
Costs	Sliding scale. Concessions always available.

Name	ACCORD CLONDALKIN
Address	St Kevin's, Monastery Road, Clondalkin, Dublin 22.
Phone number	01 459 3467.
Email address	clondalkin@dublin.accord.ie
Website	www.accord.ie
Opening hours	Monday to Friday 10.00am – 2.00pm. 8.00pm – 10.00pm.
Catchment area	Dublin 22, Lucan, Leixlip.
Aims	To promote a better understanding of Christian marriage. To support people experiencing marriage, relationship difficulties.
Counselling / support	Marriage, relationship counselling.
Other services offered	Marital sexual therapy.
Costs	Donations welcome.



Name	BAWNOGUE YOUTH AND FAMILY SUPPORT GROUP
Address	Unit 11, Bawnogue Shopping Centre, Clondalkin, Dublin 22.
Phone number	01 457 2938.
Fax number	01 457 2958.
Email address	byfsg@eircom.net
Opening hours	Monday to Friday 9.00am – 9.00pm.
Catchment area	Clondalkin.
Aims	To provide support, respect and understanding to drug users, their families, parents, carers, and the wider community. Also to provide support for drug free clients.
Counselling / support	Marriage, child and bereavement counselling.
Other services offered	Wide range including parent support group and complimentary therapies. Referrals for drug, alcohol and gambling addiction. One-to-one support for the client's parents, siblings and family members who have been affected by addiction.
Costs	Sliding scale. Donations assessed individually.

Name	BEACON OF LIGHT COUNSELLING CENTRE
Address	4, Collinstown Grove, Neilstown, Clondalkin, Dublin 22.
Phone number	01 457 8700.
Fax number	01 457 8701.
Email address	beaconoflight@iolfree.ie
Opening hours	Monday to Friday 9.00am – 5.30pm and evenings as needed.
Catchment area	Clondalkin and surrounding areas.
Aims	To provide counselling for individuals, groups and family members of all ages. To provide education, training, personal development and healing for adults and children and to provide orthodox and alternative therapies for individuals and groups.
Counselling / support	Marriage, family, child, bereavement, addiction, childhood abuse, self-esteem, depression, relationships.
Other services offered	Supervision, workshops on the following: healing the inner child, dreams, co-dependency, positive thinking, parenting skills.
Costs	Sliding scale.

Name	BETHANY BAWNOGUE BEREAVEMENT SUPPORT GROUP
Address	C/O 3 Ashwood Way, Clondalkin, Dublin 22.
Phone number	01 457 4342.
Opening hours	1st Wednesday of each month 7.30am – 9.30pm.
Catchment area	Bawnogue and surrounding areas.
Aims	To provide support for families of the deceased.
Counselling / support	Bereavement support.
Costs	Free.

Name	BETHANY CLONDALKIN
Address	Parish Centre, Church of the Immaculate Conception, New Road, Clondalkin, Dublin 22.
Phone number	01 403 7477.
Opening hours	Monday to Friday 10.30am – 12.30pm.
Catchment area	Clondalkin and surrounding areas.
Aims	To support the bereaved.
Counselling / support	Bereavement support, group support, one-to-one support, home visits.
Costs	Free.

Name	DOCHAS FAMILY CENTRE
Address	Liscarne Gardens, Clondalkin, Dublin 22.
Phone number	01 623 4531.
Fax number	01 623 2875.
Email address	dochasfamilycentre@eircom.net
Opening hours	Monday to Friday 9.00am – 5.00pm. (open till 10.00pm every Tuesday evening).
Catchment area	North Clondalkin.
Aims	To support families under stress who have children in the 8-12 age range and to work with parents to strengthen the family unit. To assist children and young people with social, emotional and behavioural problems and affected by loss, separation and bereavement.
Counselling / support	Bereavement, domestic violence, family support and parents support group. Counselling regarding alcohol and addiction issues and play therapy for children and other child centred methods.
Other services offered	Relaxation and complimentary therapies. Family and children's holidays. Teenager's social skills and activity groups. Also health and sex education groups.
Costs	Free.

Name	NEWLANDS INSTITUTE FOR COUNSELLING
Address	2 Monastery Road, Clondalkin, Dublin 22.
Phone number	01 459 4573.
Opening hours	Monday to Friday 9.00am – 9.00pm.
Catchment area	Southwest Dublin.
Aims	To make available professional counselling at minimal or no cost to persons, couples and families needing such assistance primarily in the “Designated Disadvantaged Areas” of Tallaght and Clondalkin.
Counselling / support	Marriage counselling, marriage preparation and bereavement counselling.
Other services offered	Individual therapy, group therapy, family therapy, separation and post marital therapy, Imago relationship therapy, Rational emotive behavioural therapy.
Costs	Free. Donations welcome. Sliding scale €0 – €40.

Name	RAINBOWS BAWNOGUE
Address	Scoil Talbot, Bawnogue Road, Clondalkin, Dublin 22.
Phone number	01 457 0165.
Opening hours	12 sessions over 12 weeks 2.30pm – 4.00pm.
Catchment area	Clondalkin.
Aims	To help people who have suffered a loss, death or separation.
Counselling / support	Rainbow support.
Costs	Free.

Name	RAINBOWS COLÁISTE BRÍDE
Address	Coláiste Bríde, New Road, Clondalkin, Dublin 22.
Phone number	01 459 1158.
Fax number	01 459 2998.
Email address	info@colbride.ie
Opening hours	School hours.
Catchment area	Coláiste Bríde pupils and parents.
Aims	To assist children, adolescents and adults who are grieving a death, separation or other painful transition in their family.
Counselling / support	Rainbows support, bereavement support.
Costs	Free.

Name	TEEN COUNSELLING CLONDALKIN
Address	Quarryvale Community & Leisure Centre, Greenfort Gardens, Clondalkin, Dublin 22.
Phone number	01 623 1398.
Fax number	01 623 2594.
Email address	quarryvale@teencounselling.com
Opening hours	Monday to Thursday 9.30am – 5.00pm.
Catchment area	Community Care Area 5.
Aims	To address general adolescent problems e.g. behaviour difficulties, early drug and alcohol misuse, anxiety, communication difficulties, adjustment following separation and bereavement. It has a special interest in the prevention of substance misuse.
Counselling / support	Child, bereavement counselling.
Other services offered	Counselling in relation to adolescent problems, prevention of substance misuse. Advice service to parents and professionals.
Costs	Free.

Name	ACCORD TALLAGHT
Address	Accord Office, Level 3, The Square, Tallaght, Dublin 24.
Phone number	01 459 0337.
Email address	tallaght@dublin.accord.ie
Website	www.accord.ie
Opening hours	Monday to Friday 9.00am – 5.00pm.
Catchment area	Tallaght and surrounding areas.
Aims	To promote a better understanding of Christian marriage. To support people experiencing marriage / relationship difficulties.
Counselling / support	Marriage, relationship counselling.
Costs	Donations welcome.

Name	AN COSÁN
Address	An Cosán, Kiltalown Village Centre, Fortunestown Road, Jobstown, Dublin 24.
Phone number	01 462 8492.
Fax number	01 462 8496.
Email address	c.habington@ancosan.com
Opening hours	Monday to Friday 8.30am – 10.00pm.
Catchment area	Tallaght west.
Aims	The aim is to offer affordable counselling to participants in the Shanty educational and training centre and parents of the children attending Rainbow house educational childcare centre.
Counselling / support	Marriage / relationship counselling and bereavement counselling.
Costs	Sliding scale from €5.

Name	BETHANY FIRHOUSE BEREAVEMENT SUPPORT GROUP
Address	C/O Parish Office, Church of Our Lady of Mount Carmel, Firhouse, Dublin 24.
Phone number	01 452 4702.
Fax number	01 452 4702.
Opening hours	Monday to Friday 9.30am – 4.00pm (Office).
Aims	To visit, listen to and support people within our community who have suffered loss.
Counselling / support	Bereavement support.
Costs	Free.

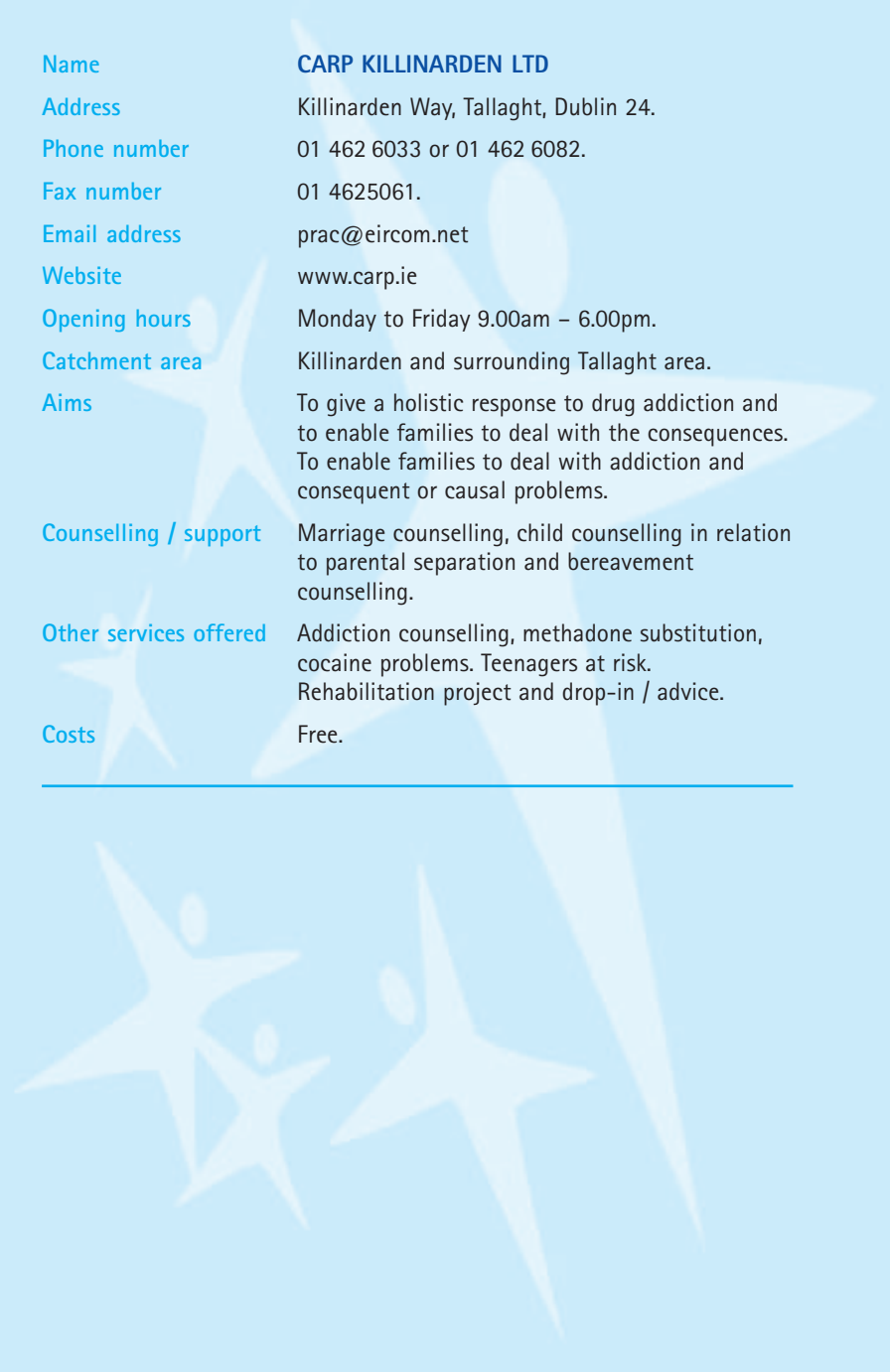
Name	BETHANY KILLINARDEN BEREAVEMENT SUPPORT GROUP
Address	C/O 86 Killinarden Heights, Tallaght, Dublin 24.
Phone number	01 452 5099.
Opening hours	9.00am – 6.00pm.
Catchment area	Killinarden, Donomore, Cushlawn, Knockmore.
Aims	To support those bereaved through death. To organise individual counselling when requested. To organise Rainbows for children experiencing loss.
Counselling / support	Bereavement support, Rainbows support.
Costs	Free.

Name	BETHANY OLD BAWN BEREAVEMENT SUPPORT GROUP
Address	St Martin's Church, Aylesbury, Old Bawn, Dublin 24.
Phone number	01 451 0160.
Opening hours	Monday to Friday 10.00am – 2.00pm.
Catchment area	Aylesbury, Old Bawn and surrounding area.
Aims	To listen and support the bereaved, with one-to-one or in a group. Talks and workshops to help the healing process.
Counselling / support	Bereavement support.
Costs	Free.

Name	BETHANY ST KILIAN'S CHURCH
Address	St Kilian's Church, Castleview, Kingswood Heights, Dublin 24.
Phone number	01 452 4341.
Opening hours	2nd Tuesday of each month 8.00pm – 9.00pm.
Catchment area	Kingswood.
Aims	To support people through loss of loved ones and those grieving through any other loss.
Counselling / support	Bereavement support.
Other services offered	Home visits.
Costs	Free.

Name	BETHANY ST MARK'S BEREAVEMENT SUPPORT GROUP
Address	C/O "Shalom", Raheen Park, Tallaght, Dublin 24.
Phone number	01 452 3233 or 087 050 5606.
Opening hours	2nd and 4th Mondays of each month 8.00pm – 9.00pm in the Shalom Parish Centre. No appointment necessary.
Catchment area	St Mark's Parish and surrounding areas.
Aims	To provide support in an open non-judgemental way on a one-to-one basis, in total and absolute confidence, for those who have been bereaved, and help them work through their grief.
Counselling / support	Bereavement support.
Costs	Free.

Name	BETHANY ST MARY'S PRIORY BEREAVEMENT SUPPORT GROUP
Address	St Mary's Priory, Tallaght Village, Dublin 24.
Phone number	01 451 4867 or 087 202 4207.
Opening hours	Thursday evening 7.30pm – 8.30pm.
Catchment area	Tallaght village.
Aims	To support the bereaved.
Counselling / support	Bereavement support.
Costs	Free.



Name	CARP KILLINARDEN LTD
Address	Killinarden Way, Tallaght, Dublin 24.
Phone number	01 462 6033 or 01 462 6082.
Fax number	01 4625061.
Email address	prac@eircom.net
Website	www.carp.ie
Opening hours	Monday to Friday 9.00am – 6.00pm.
Catchment area	Killinarden and surrounding Tallaght area.
Aims	To give a holistic response to drug addiction and to enable families to deal with the consequences. To enable families to deal with addiction and consequent or causal problems.
Counselling / support	Marriage counselling, child counselling in relation to parental separation and bereavement counselling.
Other services offered	Addiction counselling, methadone substitution, cocaine problems. Teenagers at risk. Rehabilitation project and drop-in / advice.
Costs	Free.

Name	KILLINARDEN FAMILY RESOURCE CENTRE
Address	Killinarden Way, Killinarden, Tallaght, Dublin 24.
Phone number	01 452 7053.
Fax number	01 452 7053.
Email address	crfk@eircom.net
Opening hours	Monday to Friday 9.00am – 5.00pm.
Catchment area	Killinarden and surrounding areas.
Aims	To provide a place of welcome for all who seek ways of coping with economic and domestic problems and to create a sense of wellbeing by promoting skills in conflict management, etc.
Counselling / support	Bereavement counselling and support to family one-to-one.
Other services offered	Courses in personal development, life coaching, art, craft, yoga and health.
Costs	Donations welcome.

Name	KNOCKMORE SENIOR SCHOOL & JUNIOR SCHOOL
Address	Knockmore Avenue, Killinarden, Tallaght, Dublin 24.
Phone number	01 451 2347.
Opening hours	School hours.
Catchment area	Knockmore, Killinarden Heights, Donomore, Dublin 24.
Aims	To support children undergoing emotional and personal difficulties with bereavement, separation, etc.
Counselling / support	Bereavement counselling and support, child counselling in relation to parental separation.
Costs	Free.

Name	MOL AN ÓIGE
Address	C/O St Aidan's National School, Brookfield, Dublin 24.
Phone number	01 459 6016.
Fax number	01 451 1055.
Opening hours	School hours.
Catchment area	Brookfield and surrounding areas.
Aims	To provide support services at local level for families and in particular children experiencing difficulties arising from marriage breakdown or bereavement.
Counselling / support	Family, child, bereavement and separation counselling.
Other services offered	Childcare, adult education, parenting group.
Costs	Free.

Name	RAINBOWS FETTERCAIRN
Address	St Anne's National School, Fettercairn, Tallaght, Dublin 24.
Phone number	01 452 5911.
Fax number	01 459 8788.
Opening hours	School hours.
Catchment area	Fettercairn.
Aims	To provide support for children who have suffered a loss through a death or separation in their families.
Counselling / support	Group support.
Costs	Free.

Name	RAINBOWS KILNAMANAGH
Address	St Kevin's Resource Centre, St Kevin's Girl's School, Kilnamanagh, Dublin 24.
Phone number	01 462 7149.
Opening hours	Rainbows group once a week 6.30pm – 8.30pm.
Catchment area	Tallaght, Clondalkin, Greenhills.
Aims	Peer group for children who have suffered a loss through bereavement or separation.
Counselling / support	Group support.
Costs	Free.

Name	ST KEVIN'S FAMILY RESOURCE CENTRE
Address	St Kevin's Girls School, Kilnamanagh, Tallaght, Dublin 24.
Phone number	01 462 7149.
Email address	skfrc@eircom.net
Opening hours	Monday to Thursday 9.00am – 9.30pm. Friday 9.00am – 4.00pm.
Catchment area	Kilnamanagh, Kingswood, Tymon.
Aims	To provide a focus around which family life in our catchment area can grow.
Counselling / support	Marriage, relationship, child and bereavement counselling.
Other services offered	Personal development, support groups, basic education.
Costs	Donations welcome.

Name	SWAN – SOUTH WEST ACTIVE NETWORK
Address	Unit 4, Springfield Shopping Centre, Springfield, Tallaght, Dublin 24.
Phone number	01 462 8006.
Fax number	01 462 7999.
Email address	swan@eircom.net
Opening hours	Monday to Friday 9.30am – 4.30pm.
Catchment area	Tallaght – this service is also available in St Anne's Resource Centre, Fettercairn.
Aims	To provide support to families who suffer as a result of substance misuse within the home.
Counselling / support	Marriage and relationship counselling, child counselling, bereavement counselling and support. Family systems therapy, group facilitation, one-to-one.
Other services offered	Acupuncture, reiki, indian head-massage, aromatherapy massage, meditation, respite weekends.
Costs	Donations welcome.

Name	TALLAGHT TRAVELLERS COMMUNITY PROJECT
Address	St Aidan's Traveller's Centre, Brookfield, Tallaght, Dublin 24.
Phone number	01 459 6692.
Opening hours	Monday to Friday 9.00am – 5.30pm.
Catchment area	Greater Tallaght area Traveller families.
Aims	Supports programmes of personal, educational, social and economic development which provide opportunities for learning for all sections of the travelling community in Tallaght.
Counselling / support	Marriage counselling, bereavement counselling.
Costs	Free.

Name	TEEN COUNSELLING TALLAGHT
Address	Shalom, Raheen Park, Springfield, Dublin 24.
Phone number	01 462 3083.
Fax number	01 462 7483.
Email address	Tallaght@teencounselling.com
Opening hours	Monday to Friday 9.30am – 5.00pm.
Catchment area	Dublin 24.
Aims	To address general adolescent problems e.g. behaviour difficulties, early drug and alcohol misuse, anxiety, communication difficulties, adjustment following separation and bereavement. It has a special interest in the prevention of substance misuse.
Counselling / support	Child, bereavement counselling.
Other services offered	Counselling in relation to adolescent problems. Prevention of substance misuse. Advice service to parents and to professionals.
Costs	Free.

Name	UNMARRIED AND SEPARATED FATHERS OF IRELAND
Address	St Aengus Community Centre, Tymon Park North, Tallaght, Dublin 24.
Phone number	01 451 6227.
Fax number	01 451 6227.
Email address	officeusfi@eircom.net
Opening hours	Monday to Friday 10.00am – 5.00pm.
Catchment area	Tallaght, Dublin, nationwide.
Aims	To support and inform separated couples on a variety of issues related to family breakdowns.
Counselling / support	Marriage and relationship counselling and issues dealing with family breakdown.
Other services offered	Information re court applications, access to children, etc.
Costs	Free to unemployed and emergency cases. Subsidised to employed people.

Name	ACCORD DUN LAOGHAIRE
Address	The Boylan Centre, Sussex Street, Dun Laoghaire, Co. Dublin.
Phone number	01 280 1682.
Email address	dunlaoghaire@dublin.accord.ie
Website	www.accord.ie
Opening hours	Monday to Thursday 9.00am – 2.00pm.
Catchment area	Dun Laoghaire and surrounding areas.
Aims	To promote a better understanding of Christian marriage. To support people experiencing marriage and relationship difficulties.
Counselling / support	Marriage, relationship counselling.
Other services offered	Marital sexual therapy.
Costs	Donations welcome.

Name	ACCORD SWORDS
Address	Seatown Road, Swords, Co. Dublin.
Phone number	01 840 4550.
Email address	swords@dublin.accord.ie
Website	www.accord.ie
Opening hours	Monday to Friday 9.30am – 1.30pm and 7.30pm – 10.00pm.
Catchment area	Swords and surrounding areas.
Aims	To promote a better understanding of Christian marriage. To support people experiencing marriage / relationship difficulties.
Counselling / support	Marriage, relationship counselling.
Other services offered	Marital sexual therapy.
Costs	Donations welcome.

Name	BEGINNING EXPERIENCE DUBLIN
Phone number	01 679 0556.
Catchment area	Greater Dublin area and parts of surrounding counties.
Aims / Counselling / support	<p>Beginning Experience is a voluntary listening and support service. It helps widowed, separated and divorced persons make a new beginning in life by dealing with grief.</p> <p>The service is a "peer ministry" provided through a voluntary team of trained facilitators. Participants should have worked through the initial feeling of anger and despair that usually follows the loss of one's spouse.</p>
Other services offered	<p>As above – programmes include:</p> <p>Level One – a structured programme for first-time participants.</p> <p>Residential weekend – designed to be a closure on the past and a new beginning on the present – facilitators lead participants through the programme which consists of presentations by the team followed by personal, private reflection and dialogue in small groups.</p> <p>Level Two – Designed for those who have previously attended a residential weekend. It is held once per week, normally over a maximum of 10 weeks.</p> <p>Continued Beginnings – a shorter weekly "Continued Beginnings" programme of support and further growth. This provides follow-up and support for participants following completion of the B.E. weekend when, e.g. Level two is not immediately available.</p>
Costs	The service is free to participants. However, a charge is payable to cover the expense of accommodation on the Residential Weekend. A small charge is payable to cover accommodation costs on the other programmes.

Name **BETHANY BOOTERSTOWN BEREAVEMENT
SUPPORT GROUP**

Address C/O Parish Office, Church of the Assumption,
Booterstown, Co. Dublin.

Phone number 01 283 1593.

Fax number 01 283 1593

Email address info@booterstownparish.ie

Opening hours Monday to Friday 9.00am – 10.00am
and 10.30am – 1.30pm.

Catchment area Booterstown parish area.

Aims To provide support to people who have been
bereaved.

Counselling / support Bereavement support.

Costs Free.

Name **BETHANY DUN LAOIRE BEREAVEMENT
SUPPORT GROUP**

Address C/O Parish Secretary, St Michael's Church,
Dun Laoire, Co. Dublin.

Phone number 01 280 0485.

Opening hours 1st Thursday every month in the Boylan
Community Centre, Dun Laoire.

Catchment area Dun Laoire and surrounding areas.

Aims To support people who have been bereaved.

Counselling / support Bereavement support.

Other services offered Home visits if required.

Costs Free.

Name	BETHANY JOHNSTOWN / KILLINEY BEREAVEMENT SUPPORT GROUP
Address	C/O Church Hall, Churchview Road, Killiney, Co. Dublin.
Phone number	01 285 3387.
Opening hours	First Friday of the month at 8.00pm.
Catchment area	Johnstown / Killiney and surrounding areas.
Aims	To support and comfort people bereaved by the death of a loved one or by any loss.
Counselling / support	Bereavement support.
Costs	Free.

Name	BETHANY KILMACUD BEREAVEMENT SUPPORT GROUP
Address	C/O St Laurence O'Toole Parish Community Centre, Church Grounds, Kilmacud, Stillorgan, Co. Dublin.
Phone number	01 288 6144.
Opening hours	Monday 8.00pm – 9.00pm (excluding bank holidays). Friday 10.00am – 11.00am. Last Wednesday of every month 8.00pm – 9.00pm.
Catchment area	Parish of Kilmacud and surrounding area.
Aims	We provide support and a listening ear, in confidentiality to relations and friends of the deceased.
Counselling / support	Bereavement support.
Costs	Free.

Name	BETHANY LOUGHLINSTOWN BEREAVEMENT SUPPORT GROUP
Address	St Columbanus Parish Office, 10 The Oaks, Loughlinstown, Co. Dublin.
Phone number	01 282 6895, 01 272 1250 or 01 235 2142.
Opening hours	Drop-in Centre at Parish Office.
Catchment area	Mainly Loughlinstown Parish and part of Ballybrack.
Aims	To provide support to those who are bereaved.
Counselling / support	Bereavement support.
Costs	Free.

Name	BETHANY MALAHIDE BEREAVEMENT SUPPORT GROUP
Address	C/O St Sylvester's Church, Malahide, Co. Dublin.
Phone number	01 845 1244.
Opening hours	Monthly meeting.
Catchment area	Malahide and surrounding areas.
Aims	To provide one-to-one and group support to the bereaved.
Counselling / support	Bereavement support.
Costs	Free.

Name	BETHANY MONKSTOWN BEREAVEMENT SUPPORT GROUP
Address	"Ardvana", The Hill, Monkstown, Co. Dublin.
Phone number	01 280 1669.
Fax number	01 280 1462.
Email address	Ardvana@eircom.net
Opening hours	Visitation to homes or by appointment.
Catchment area	Monkstown parish and surrounding areas.
Aims	To support and comfort people bereaved by the death of a loved one or by loss. To increase the service by visitation and open meetings.
Counselling / support	Support for the bereaved.
Other services offered	Outreach to the bereaved in other parishes.
Costs	Free.

Name	BETHANY PORTMARNOCK BEREAVEMENT SUPPORT GROUP
Address	C/O The Parish Centre, St Anne's Parish, Portmarnock, Co. Dublin.
Phone number	087 641 8939.
Opening hours	By appointment.
Catchment area	All north Dublin.
Aims	To support the bereaved.
Counselling / support	Bereavement support.
Other services offered	Bethany will also help the bereaved during and after a funeral.
Costs	Free.

Name	BETHANY SALLYNOGGIN BEREAVEMENT SUPPORT GROUP
Address	C/O Our Lady of Victories, Sallynoggin, Co. Dublin.
Phone number	01 285 2126.
Opening hours	Monthly meeting.
Catchment area	Parish of Sallynoggin and Glenageary.
Aims	To make contact with bereaved families in the Parish.
Counselling / support	Bereavement support.
Costs	Free.

Name	BETHANY ST ANNE'S RESOURCE CENTRE
Address	Dublin Road, Shankill, Co. Dublin.
Phone number	01 282 2704.
Fax number	01 282 2704.
Email address	stannesshankill@eircom.net
Website	www.saint-annes.org
Opening hours	Monday to Friday 10.30am – 11.30am.
Catchment area	Shankill.
Aims	To support people who have suffered loss.
Counselling / support	Bereavement support.
Costs	Free.

Name	BETHANY SWORDS BEREAVEMENT SUPPORT GROUP
Address	C/O Parish Office, 42 North Street, Swords, Co. Dublin.
Phone number	01 840 7277 or 01 840 0547.
Aims	To support the bereaved and grieving as they come to terms with their loss. To provide a confidential, listening support service, understanding the pain of loss. All are welcome.
Costs	Free.

Name	FINGAL COUNSELLING SERVICE
Address	B.A.S.E. Resource Centre, Brackenstown, Swords, Co. Dublin.
Phone number	01 890 2596.
Website	www.fingalcounsellingservices.org
Opening hours	Monday to Friday 10.00am – 1.00pm for appointment.
Catchment area	North County Dublin.
Aims	We give support and counselling to people who need it.
Counselling / support	Marriage counselling. bereavement counselling.
Other services offered	We offer a general counselling service. We do not deal with addiction or psycho-sexual problems but we see relatives and family of people with these problems.
Costs	Free. Donations welcome.

Name	RAINBOWS ST MOLOGA'S, BALBRIGGAN
Address	St Mologa's National School, Balbriggan, Co. Dublin.
Phone number	01 841 3133.
Fax number	01 841 3133.
Opening hours	School hours.
Catchment area	St Mologa's School pupils.
Aims	To help children cope with loss and changed circumstances through loss or separation.
Counselling / support	Rainbows support.
Costs	Free.

Name	RAINBOWS BALGADDY (LUCAN SOUTH)
Address	Archbishop Ryan National School, Balgaddy, Lucan South, Co. Dublin.
Phone number	01 457 3095.
Fax number	01 457 3095.
Opening hours	School hours.
Catchment area	Parish of Lucan South.
Aims	To offer support to children who are in need through parental separation, bereavement or divorce.
Counselling / support	Bereavement support.
Costs	Free.

Name	RAINBOWS BRACKENSTOWN
Address	St Cronan's S.N.S., Brackenstown, Swords, Co. Dublin.
Phone number	01 840 3488.
Fax number	01 890 2076.
Opening hours	School hours.
Catchment area	Brackenstown.
Aims	To provide a Rainbows programme to the children in our school and parish.
Counselling / support	Rainbows support.
Costs	Free.

Name	RAINBOWS DONABATE
Address	Scoil Phadric Cailini, Portrane Road, Donabate, Co. Dublin.
Phone number	01 843 6201 School. 01 843 6894 Home.
Fax number	01 843 5412.
Opening hours	School hours.
Catchment area	School pupils only.
Aims	To provide support and guidance to children who have suffered significant loss in their lives.
Counselling / support	Rainbows support.
Costs	Free.

Name	RAINBOWS SCOIL MHUIRE LUCAN
Address	Scoil Mhuire Girls National School, Lucan, Co. Dublin.
Phone number	01 624 0203.
Fax number	01 621 1000.
Email address	scmoffice@tinet.ie
Opening hours	School hours.
Catchment area	Scoil Mhuire pupils.
Aims	To help support pupils on the death or separation of a family member.
Counselling / support	Rainbows support.
Costs	Free.

Name	RAINBOWS MALAHIDE
Address	C/O St Oliver Plunkett's School, Grove Road, Malahide, Co. Dublin.
Phone number	01 845 2052.
Opening hours	School hours.
Catchment area	Malahide, Portmarnock, Kinsealy.
Aims	Facilitating children from bereaved and separated families.
Counselling / support	Rainbows support.
Costs	Free.

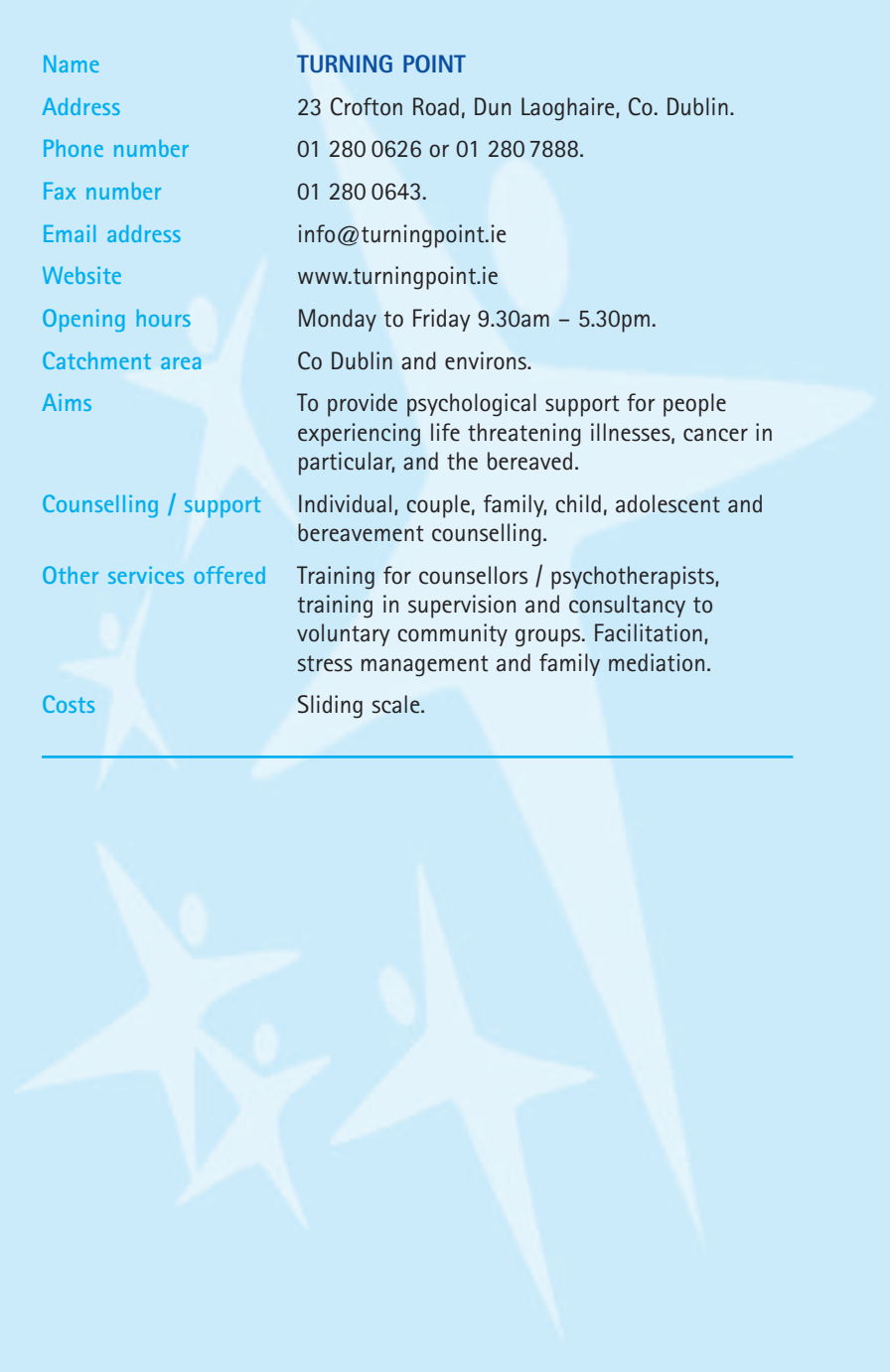
Name	RAINBOWS RUSH
Address	C/O Rush National School, Rush, Co. Dublin.
Phone number	01 843 7095.
Opening hours	School hours.
Catchment area	Rush and surrounding locality.
Aims	To provide an effective support programme for children / teenagers who have experienced death, separation or abandonment.
Counselling / support	Rainbows support.
Costs	Free. Donations welcome.

Name	RAINBOWS SKERRIES
Address	Holmpatrick School, Convent Lane, Skerries, Co. Dublin.
Phone number	087 792 7067 or 01 849 0471.
Email address	maxineawatson@hotmail.com
Opening hours	After school hours.
Catchment area	Skerries.
Aims	To help support pupils on the death or separation of a family member.
Counselling / support	Rainbows support.
Other services offered	Spectrum, Kaleidoscope, Prism.
Costs	Free.

Name	RETRouvaille IRELAND
Address	12 Spencer Villas, Glenageary, Co. Dublin.
Phone number	01 280 4442, 01 295 1959 or 01 450 0922 (Text – 087 792 0101).
Fax number	01 280 4442.
Email address	info@retrouvaille.ie
Website	www.retrouvaille.ie
Opening hours	By phone anytime.
Catchment area	All of Ireland.
Aims	To teach couples a deeper form of communication called "Dialogue" allowing them to discover in each other an understanding of what it is like to walk in each others shoes.
Counselling / support	Weekend and follow-up courses – trained couples share their marriage history, with all its up's and down's of being in a relationship, offering hope to couples experiencing difficulty in their relationships.
Other services offered	Monthly meetings and ongoing support for marriages in trouble.
Costs	Live-in weekend and all follow-up sessions €350.

Name	ST ANNE'S CHILD COUNSELLING SERVICE (INCLUDING RAINBOWS)
Address	Esker, Lucan, Co. Dublin.
Phone number	01 628 1972.
Fax number	01 601 0966.
Opening hours	Monday to Friday 9.00am – 2.40pm.
Catchment area	Esker, Dodsboro.
Aims	To provide support to children experiencing difficulties arising from the death of a family member or from separation or divorce.
Counselling / support	Bereavement, child counselling and Rainbows groups.
Other services offered	One-to-one counselling.
Costs	Free.

Name	TEEN COUNSELLING BALLYBRACK
Address	20 Church Road, Ballybrack, Co. Dublin.
Phone number	01 272 1411.
Fax number	01 272 1468.
Email address	b.brack@teencounselling.com
Opening hours	Monday and Tuesday 9.30am – 5.00pm. Wednesday 9.30am – 1.00pm.
Catchment area	Community Care Area 1.
Aims	We provide a community based counselling service for adolescents (12 – 18 years) and their families. We also provide information and advice and have a special interest in the prevention of early substance abuse.
Counselling / support	Child, bereavement counselling.
Costs	Free.



Name	TURNING POINT
Address	23 Crofton Road, Dun Laoghaire, Co. Dublin.
Phone number	01 280 0626 or 01 280 7888.
Fax number	01 280 0643.
Email address	info@turningpoint.ie
Website	www.turningpoint.ie
Opening hours	Monday to Friday 9.30am – 5.30pm.
Catchment area	Co Dublin and environs.
Aims	To provide psychological support for people experiencing life threatening illnesses, cancer in particular, and the bereaved.
Counselling / support	Individual, couple, family, child, adolescent and bereavement counselling.
Other services offered	Training for counsellors / psychotherapists, training in supervision and consultancy to voluntary community groups. Facilitation, stress management and family mediation.
Costs	Sliding scale.

GALWAY

Name	ACCORD BALLINASLOE
Address	The Family Centre, Brackernagh, Ballinasloe, Co. Galway.
Phone number	0909 643 573.
Email address	ballinasloeaccord@eircom.net
Opening hours	Monday to Friday 9.30am – 12.30pm.
Catchment area	Ballinasloe and surrounding areas.
Aims	To assist couples preparing for marriage, and to support and enrich married couples.
Counselling / support	Marriage and relationship counselling.
Other services offered	Marriage preparation courses.
Costs	Marriage preparation course: €100 per couple. Counselling: by agreement with client.

Name	ACCORD GALWAY
Address	Arus de Brun, Newtownsmith, Galway.
Phone number	091 562 331.
Fax number	091 562 331.
Email address	accordgalway@eircom.net
Website	www.accord.ie
Opening hours	Monday to Friday 10.00am – 5.00pm.
Catchment area	Galway.
Aims	ACCORD is a voluntary organisation whose aim is to promote a better understanding of Christian marriage and to support people who are experiencing difficulties in their relationship.
Counselling / support	Marriage counselling and marriage preparation.
Other services offered	Fertility awareness and wellbeing.
Costs	Negotiable.

Name	ACCORD TUAM
Address	Parish Centre, Dublin Road, Tuam, Co. Galway.
Phone number	093 24900.
Email address	accordtuam@eircom.net
Opening hours	Monday, Tuesday and Thursday 10.00am – 5.00pm.
Catchment area	Tuam and surrounding areas.
Aims	To promote a better understanding of Christian marriage. To help couples initiate and sustain relationships and to support people who are experiencing difficulties.
Counselling / support	Marriage counselling, marriage preparation.
Costs	Negotiable.

Name	AIDS WEST
Address	Ozanam House, St Augustine Street, Galway.
Phone number	091 566 266 Helpline: 091 562 213.
Fax number	091 564 708.
Email address	info@aidswest.ie
Website	www.aidswest.ie
Opening hours	Monday to Friday 9.30am – 4.45pm.
Catchment area	Galway, Mayo and Roscommon.
Aims	To provide support to people with HIV, families and friends and people with sexual health crisis. Offer education programmes to schools, colleges, etc. Participate in policy development aimed at improving service delivery.
Counselling / support	Support to people with HIV / AIDS. Bereavement counselling for family members / friends.
Costs	Free.

Name	ALZHEIMER SOCIETY OF IRELAND (GALWAY)
Address	Envision House, Flood Street, Galway.
Phone number	091 561 556.
Fax number	091 561 882.
Email address	galwayalzheimer@eircom.net
Opening hours	Monday to Friday 10.00am – 2.00pm.
Catchment area	Galway City and County.
Aims	To provide support to people bereaved by alzheimer's disease.
Counselling / support	Bereavement support.
Costs	Free.

Name	BEGINNING EXPERIENCE GALWAY
Address	C/O 53 Clybaun Heights, Knocknacarra, Galway.
Phone number	091 523 014.
Email address	clare_mont_bandb@hotmail.com
Catchment area	Galway city and county & north Clare.
Aims	To help people move on with their lives after a bereavement, separation or divorce.
Counselling / support	Support group.
Costs	€3 per session – 9 sessions in total plus one weekend away.

Name	CARI FOUNDATION GALWAY
Address	Gort Resource Centre, Main Square, Gort, Co. Galway.
Phone number	061 413 331. (National Lo-call Helpline: 1890 924 567).
Fax number	061 431 536.
Email address	caritherapists@eircom.net
Website	www.cari.ie
Opening hours	Mondays.
Catchment area	All areas.
Aims	CARI's primary aim is to provide professional, child centred support and long-term therapy and young people who have experienced child sexual abuse. We also provide support, counselling and therapy to non-abusing family members / carers or groups affected by child sexual abuse.
Counselling / support	Child, marriage and bereavement counselling, group work, crisis counselling, advice appointments, support services and therapy for children and their non-abusing family members as appropriate. Individual therapy and art / play / sand therapy for children and young people affected by child sexual abuse.
Other services offered	Lo-call Helpline 1890 924567 providing advice and information for anyone who has concerns about child sexual abuse or child protection issues. Preventative education for young people / schools. Awareness programmes for professional and groups. Training and consultancy to professional and groups.
Costs	CARI aims to provide our services to anyone who needs them regardless of their means. As such, we suggest a nominal fee where appropriate but this is negotiable and donations are always welcome.

Name	CHURCH OF THE SACRED HEART BEREAVEMENT COUNSELLING SERVICE
Address	Seamus Quirke Rd., Westside, Galway.
Phone number	091 524 305.
Opening hours	Monday to Friday 9.00am – 6.00pm.
Catchment area	Galway city.
Aims	To provide a counselling service for those unable to afford regular counselling, those who are trying to cope with separation and family difficulties.
Counselling / support	Bereavement counselling and support for families bereaved by suicide.
Costs	Free.

Name	CLANN RESOURCE CENTRE
Address	Main Street, Oughterard, Co. Galway
Phone number	091 557 633
Fax number	091 557 634
Email address	clannres@eircom.net
Opening hours	Monday to Friday 10.00am – 4.00pm
Catchment area	Oughterard and Connemara area
Aims	To enable the community to meet common goals and changing needs by treating everyone as equal while respecting differences and working in an inclusive and creative way.
Counselling / support	Relationships, Bereavement and Rainbows groups.
Other services offered	Adult Education, Citizen's Information Centre, family support, personal development, youth development and support for the elderly.
Costs	All services are affordable and according to means.

Name	CONSOLE
Address	Console House, 26 Bowling Green, Galway.
Phone number	091 537 333. National Freephone Helpline: 1800 201 890.
Fax number	091 537 373.
Website	www.console.ie
Email address	info@console.ie
Opening hours	Monday to Friday 9.00am – 5.30pm.
Catchment area	Nationwide – offices in Dublin and Galway.
Aims	To provide help, support and counselling to people who have been bereaved by suicide. Console also promotes positive mental health within our communities in an effort to reduce high number of attempted and completed suicides.
Counselling / support	Bereavement counselling, family and individual therapy and support groups.
Other services offered	National freephone helpline, community outreach programmes, educational programmes / materials for wider community. Workshops and conferences, suicide prevention, youth suicide prevention. DVD / Video for Schools and Colleges. Seasons of Growth programmes for young people and adults.
Costs	Sliding scale.

Name	COPE – WATERSIDE HOUSE
Phone number	091 565 985.
Fax number	091 564 216.
Email address	waterside@cope.ie
Opening hours	24 hour refuge service.
Catchment area	Open to all areas.
Aims	Child counselling is on offer to child residents of the refuge. It aims to support and refer children who have experienced violence in the home.
Counselling / support	Child counselling.
Costs	Free – part of existing refuge service.

Name	ESKER RETREAT HOUSE
Address	Esker, Athenry, Co. Galway.
Phone number	091 844 549.
Fax number	091 845 698.
Website	www.eskercommunity.net
Email address	eskerret@indigo.ie
Opening hours	Monday to Friday 9.00am. – 5.00pm.
Catchment area	32 counties for marriage. Galway, Mayo, Clare, Westmeath, Sligo for counselling.
Aims	To provide a sound preparation for marriage, a renewal after one year and continuous contact after that.
Counselling / support	Marriage, family and bereavement counselling.
Other services offered	Courses on youth, personal development.
Costs	Sliding scale.

Name	FORUM NORTH & WEST CONNEMARA IN CONTRACT WITH PRO-CONSULT PROFESSIONAL COUNSELLING SERVICE
Address	C/O 1 St Helen's Street, Cooke's Corner, Galway.
Phone number	091 589 581.
Fax number	091 589 639.
Email address	office@proconsult.iol.ie
Opening hours	Friday 10.00am – 4.00pm.
Catchment area	North Connemara (Service based in Clifden).
Aims	The aim of the service is to make counselling available to everybody in the community. Money or the lack of it should never be a factor in a person's decisions to come to counselling or to remain in counselling. Most of the clients are referred by the local GPs, Health professionals or by word of mouth.
Counselling / support	Marriage counselling, child counselling, bereavement counselling and Rainbows support.
Costs	Sliding Scale.

Name	GALWAY DIOCESAN PASTORAL CENTRE
Address	Árus de Brún, Newtownsmith, Galway.
Phone number	091 565 066 or 091 565 074.
Fax number	091 565 073.
Opening hours	Monday to Friday 9.00am – 4.00pm.
Email address	gdpc@eircom.net
Catchment area	Galway City and Diocese plus parts of mid Clare
Aims	To support and strengthen family life through supportive and educational programmes. To offer training and support to those who help to implement the programmes on offer.
Counselling / support	Bereavement counselling. Rainbows.
Other services offered	Parenting programmes.
Costs	Bereavement and Rainbows. Parenting Programmes €35.

Name	GALWAY FAMILY SERVICES INSTITUTE
Address	Royal Court Business Centre, Liosban Estate, Tuam Road, Galway.
Phone number	091 765 982.
Fax number	091 765 982.
Opening hours	Monday to Friday 8.00am – 1.00pm and 7.00pm – 10.00pm.
Catchment area	West of Ireland.
Aims	To provide support services for families especially those of low incomes.
Counselling / support	Marriage, child counselling and marriage preparation.
Other services offered	Provides court reports and mediators.
Costs	Sliding scale.

Name	GALWAY HOSPICE FOUNDATION
Address	Renmore, Galway.
Phone number	091 770 868.
Fax number	091 770 806.
Website	www.galwayhospice.ie
Email address	socialwork@galwayhospice.ie
Opening hours	Monday to Friday 9.00am – 5.00pm.
Catchment area	Galway City / County and Aran Islands.
Aims	To provide information, psycho-social support and counselling to individuals living with advanced illness and to those caring for them. The service is offered to patients, their family and friends including adults and children.
Counselling / support	Ongoing bereavement support to relatives of patients in the form of individual, family and group support for bereaved children and adults.
Costs	Free.

Name	GALWAY YOUTH FEDERATION
Address	Marina Point, Ballinasloe, Co. Galway.
Phone number	090 963 1692.
Fax number	090 964 3473.
Email address	yicbsloe@eircom.net
Website	www.gyf.ie
Catchment area	County Galway.
Aims	To help young people from 12-21 to cope with their parents' separation in a one-to-one confidential setting.
Counselling / support	Support and listening service for adolescents.
Costs	Free.

Name	GRÁ AUTISM PARENTS GROUP
Address	14 Jardin, Dublin Road, Loughrea, Co. Galway.
Phone number	091 870 905.
Email address	autism@gofree.indigo.ie
Opening hours	Monday to Friday 10.00am – 3.00pm.
Catchment area	Galway, Mayo and Roscommon.
Aims	To ensure the best and most appropriate support, practical help and knowledge is made available to families of all children suffering from autism.
Counselling / support	Marriage counselling.
Other services offered	Sibling project, individual and family support.
Costs	Sliding Scale. Free counselling (up to 3 sessions) to paid members.

Name	LONRADH
Address	Scoil Bhride, Shantalla Road, Galway.
Phone number	091 525 052.
Fax number	091 525 052.
Opening hours	School hours.
Catchment area	Scoil Bhride pupils.
Aims	To offer counselling, advice, support, and therapy to pupils through music, art and play therapies. To refer children with specific emotional, social and behavioural problems to local psychological services.
Counselling / support	Child counselling.
Costs	Free.

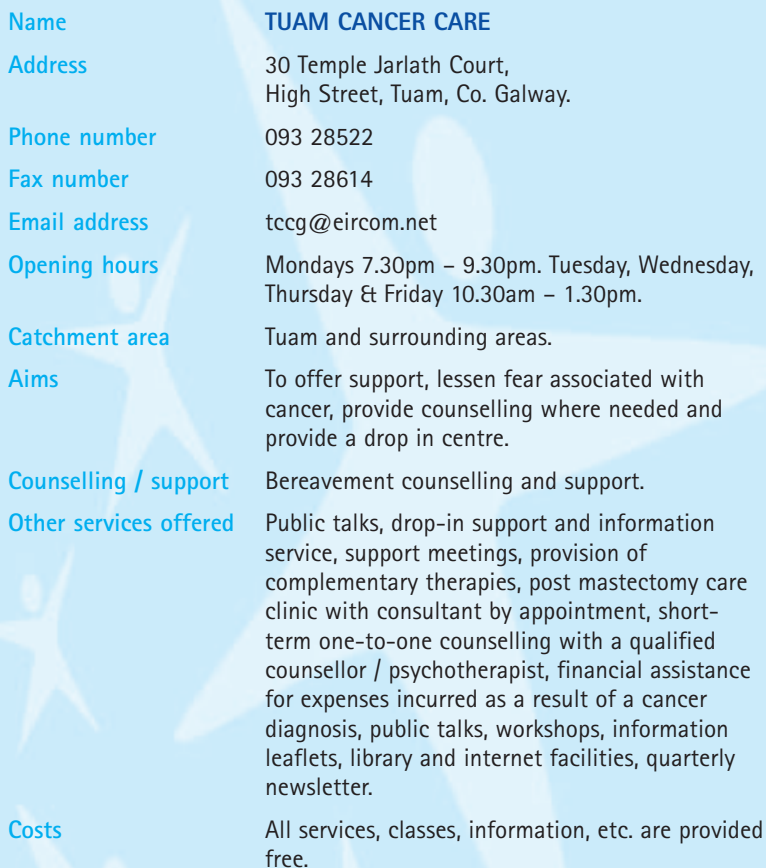
Name	PRO-CONSULT INSTITUTE OF PROFESSIONAL COUNSELLING
Address	1 St Helen's Street, Cooke's Corner, Galway.
Phone number	091 589 581.
Fax number	091 589 639.
Email address	office@proconsultiol.ie
Opening hours	Monday to Friday 9.15am – 5.15pm
Catchment area	Galway City and County plus Mayo and Roscommon.
Aims	To help, support, counsel and treat people with psychological problems without it becoming a financial burden.
Counselling / support	Marriage counselling, adult psychological problems, bereavement counselling and support.
Other services offered	Counselling support to Health agencies, training, supervising counsellors and helping to develop services in developing countries.
Costs	€55 on a downward sliding scale

Name	RAINBOWS BALLYBANE
Address	C/O 229 Castlepark, Ballybane, Galway.
Phone number	091 764 320.
Opening hours	Anytime.
Catchment area	Galway and surrounding areas.
Aims	To support children who are grieving a death, separation or any other painful transition in their family. To provide a safe environment in small group settings for participants to share their feelings and lead them gently through the healing process.
Counselling / support	Peer support.
Costs	Free.

Name	RAINBOWS KNOCKNACARRA
Address	C/O St John the Apostle Parish Office, Knocknacarra, Galway.
Phone number	091 590 059 (10.00am – 1.00pm) or 086 386 7441 (3.00pm – 5.00pm).
Catchment area	Knocknacarra and surrounding areas.
Aims	To provide peer support programmes under the guidance of a trained facilitator for children, young people and adults who are grieving a death, separation, divorce or other painful transition.
Counselling / support	Support.
Costs	Free.




Name	RAINBOWS NEWTOWNSMITH
Address	Árus de Brún, Newtownsmith, Galway.
Phone number	091 565 066.
Fax number	091 565 073.
Email address	rainbowsgalway@eircom.net
Opening hours	Monday to Friday 9.30am – 4.00pm.
Catchment area	Galway Diocese and parts of Mayo.
Aims	To assist children, adolescents and adults who are grieving a death, separation, divorce or other painful transition in their family. To provide a safe environment in a small group for participants to share their feelings and lead them gently through the grieving process.
Counselling / support	Peer support.
Costs	Free.



Name	TUAM CANCER CARE
Address	30 Temple Jarlath Court, High Street, Tuam, Co. Galway.
Phone number	093 28522
Fax number	093 28614
Email address	tccg@eircom.net
Opening hours	Mondays 7.30pm – 9.30pm. Tuesday, Wednesday, Thursday & Friday 10.30am – 1.30pm.
Catchment area	Tuam and surrounding areas.
Aims	To offer support, lessen fear associated with cancer, provide counselling where needed and provide a drop in centre.
Counselling / support	Bereavement counselling and support.
Other services offered	Public talks, drop-in support and information service, support meetings, provision of complementary therapies, post mastectomy care clinic with consultant by appointment, short- term one-to-one counselling with a qualified counsellor / psychotherapist, financial assistance for expenses incurred as a result of a cancer diagnosis, public talks, workshops, information leaflets, library and internet facilities, quarterly newsletter.
Costs	All services, classes, information, etc. are provided free.

KERRY



Name	ACCORD KILLARNEY
Address	John Paul II Pastoral Centre, Rock Road, Killarney, Co. Kerry.
Phone number	064 32644.
Fax number	064 31170.
Email address	Killpastoralcentre@eircom.net
Opening hours	Monday to Friday 10.00am – 5.30pm.
Catchment area	South Kerry.
Aims	To improve a better understanding of Christian Marriage and to help people initiate, sustain and enrich their relationships. To support people who are experiencing difficulties in their relationships. We are a Catholic marriage counselling service and all counsellors are trained and work voluntarily.
Counselling / support	Marriage counselling and marriage preparation.
Other services offered	Family planning and fertility counselling, marital sexual therapy. Educational – primary and post primary schools.
Costs	Contributions welcome.

Name	ACCORD TRALEE
Address	St John's Parish Centre, Castle Street, Tralee, Co. Kerry.
Phone number	066 712 2280 or 066 712 0194.
Email address	accordtralee@eircom.net
Opening hours	Monday to Friday 10.00am – 4.00pm (Closed 1 hour for lunch).
Catchment area	Tralee and surrounding areas.
Aims	To promote a better understanding of Christian marriage, to help people initiate, sustain and enrich their relationships and to support people who are experiencing difficulties in their relationships.
Counselling / support	Marriage counselling, marriage preparation and bereavement counselling.
Other services offered	Fertility Counselling, marriage enrichment courses.
Costs	Donation.

Name	BALLYDUFF FAMILY AND COMMUNITY SUPPORT FORUM
Address	Ballyduff Health Centre, Ballyduff, Tralee, Co. Kerry.
Phone number	066 714 8883.
Fax number	066 714 8895.
Email address	ballyduff@hotmail.com
Opening hours	By appointment only.
Catchment area	Ballyduff and surrounding areas.
Aims	To provide a counselling service for marriage, child and bereavement in their own home town / village. To encourage, support, listen and facilitate people to understand, care and value themselves and to support each other in times of economic, personal and social stress.
Counselling / support	Marriage, child, bereavement counselling and support.
Other services offered	To provide educational cultural and social programmes to support the development and well being of adults, children young people in the community.
Costs	€40 per session – fees are reduced on a sliding scale depending on circumstances of individuals.



Name	CASTLEMAINE FAMILY RESOURCE CENTRE
Address	Castlemaine, Co. Kerry.
Phone number	066 976 7833.
Fax number	066 976 7833.
Email address	cmainefrc@eircom.net
Opening hours	Monday to Friday 9.00am – 6.00pm.
Catchment area	Castlemaine and surrounding areas.
Aims	To offer family support to all members of our community in a friendly welcoming atmosphere.
Counselling / support	Marriage counselling, child counselling in relation to parental separation and bereavement counselling and support.
Other services offered	Childcare services, pre-school, after school, elder care, youth care, adult classes, education and training.
Costs	Sliding scale fees.

Name	CHURCH OF IRELAND UNITED DIOCESES OF LIMERICK, KILLALOE & ARDFERT
Address	C/O St Patrick's Rectory, Kenmare, Co. Kerry.
Phone number	064 41121.
Fax number	064 41121.
Email address	shawa@eircom.net
Opening hours	By arrangement.
Catchment area	The aim of the marriage preparation and marriage counselling service is to empower couples to have more rewarding relationships through good conflict resolution / communication skills. The aims of the bereavement support service are to help the bereaved through the trauma of loss and educate the wider community to offer better support to the bereaved and where there is interest, to set up bereavement support groups.
Counselling / support	Marriage counselling, marriage preparation and bereavement counselling.
Other services offered	Work with groups of adolescents on relationship skills and understanding bereavement and loss.
Costs	Donations welcome.

Name	DUAGH FAMILY RESOURCE CENTRE
Address	Duagh Village, Listowel, Co. Kerry.
Phone number	068 45333.
Fax number	068 45945.
Email address	duagh@eircom.net
Opening hours	Monday to Friday 9.00am – 6.00pm. Evenings by appointment.
Catchment area	North Kerry.
Aims	To provide a quality service to the community in the area of counselling, out-reach work and information provision.
Counselling / support	Marriage counselling, Child counselling in relation to parental separation and bereavement counselling / support on the death of a family member.
Costs	Donations welcome.

Name	KERRY ADOLESCENT COUNSELLING SERVICE
Address	Balloonagh, Tralee, Co. Kerry.
Phone number	066 718 1333.
Fax number	066 718 1353.
Email address	kfrcs@eircom.net
Opening hours	Monday to Friday 9.00am – 5.00pm.
Catchment area	Kerry.
Aims	The centre aims to provide a professional support service to young adolescents and their families through counselling, education and training. It seeks to complement the work of existing services both statutory and voluntary and is directed at those least able to afford such a service.
Counselling / support	Individual and family counselling.
Other services offered	School projects, parish projects and parent programmes.
Costs	Free. Donations welcome.

Name	KERRY COUNSELLING CENTRE
Address	D17 Edward Court, Edward Street, Tralee, Co. Kerry.
Phone number	066 712 2931.
Fax number	066 712 2931.
Opening hours	By appointment only.
Catchment area	Kerry, Cork, Limerick.
Aims	To provide a comprehensive professional counselling and training service in the area.
Counselling / support	Marriage counselling, child counselling and bereavement counselling. Depression, anxiety, family violence / dysfunction, relationship issues, parenting issues, abuse or violence, sexual / physical / emotional of women or men, child abuse, self esteem issues, sexual identity issues, attempted suicide and other human issues presenting.
Other services offered	Professional counselling to individuals (adults and children), couples, families and groups. Courses and support groups for marginalised and minority groups. Foundation and Diploma in Counselling training in the catchment area. Support to other community groups by providing supervision in-service training, etc.
Costs	Sliding Scale: €30 – €50.

Name	LIVING LINKS KERRY
Address	C/O Sean Scoil, Killorglin, Co. Kerry.
Phone number	066 976 1615 or 087 900 6300.
Opening hours	Monday to Friday 9.00am – 1.00pm (ring mobile outside these hours).
Catchment area	Kerry.
Aims	To offer bereavement support to families bereaved by suicide.
Counselling / support	Bereavement support.
Costs	Free.

Name	PRESENTATION FAMILY CENTRE LTD
Address	Listowel, Co. Kerry.
Phone number	068 23584.
Fax number	068 23584.
Email address	famcenlis@eircom.net
Opening hours	Monday to Friday 8.30am – 5.30pm. Evening appointments on request.
Catchment area	Listowel and surrounding areas.
Aims	To promote and advance equality for all, ensure social inclusion, be open and flexible to needs in the community and to be a resource to families and the community. To enable people to be involved and support each other in everyday life, to create a confidential, safe and warm environment, where people can interact together for personal and community enrichment.
Counselling / support	Bereavement counselling (including suicide & threatened suicide), relationship counselling, child counselling in relation to parental separation.
Other services offered	Childcare, creche and after school care, community education, women's groups, men's groups and various support groups.
Costs	Minimum fees. Fees are negotiable depending on family circumstances.

Name	RAINBOWS CAHERSIVEEN
Address	Coláiste na Sceilge, Cahersiveen, Co. Kerry.
Phone number	066 947 3335.
Fax number	066 947 3138.
Catchment area	Southwest Kerry.
Aims	To offer peer support through the Rainbows programme to the students of Coláiste na Sceilge who are grieving a death or family separation.
Counselling / support	Peer support.
Costs	Free.

Name	RAINBOWS CAUSEWAY COMPREHENSIVE SCHOOL
Address	Causeway, Co. Kerry.
Phone number	066 713 1197.
Email address	causewaycs@eircom.net
Opening hours	School hours.
Catchment area	North Kerry.
Aims	To support and care for individuals experiencing loss, bereavement or separation.
Counselling / support	Rainbows support, group work, one-to-one.
Costs	Free.

Name	RAINBOWS ST BRENDAN'S PASTORAL CENTRE
Address	Rock Street, Tralee, Co. Kerry.
Phone number	066 712 5932.
Fax number	066 712 7049.
Opening hours	Monday to Friday 9.30am – 1.00pm. (Rainbow groups usually meet on Tuesday 4.00pm – 5.00pm).
Catchment area	5 Schools in the Parish.
Aims	To help children work through death and separation in their family.
Counselling / support	Rainbows support groups.
Other services offered	Counsellor available to help parents who may have issues.
Costs	Free.

Name	RAINBOWS TARBERT NATIONAL SCHOOL
Address	Tarbert, Co. Kerry.
Phone number	068 36200.
Opening hours	School hours.
Catchment area	Tarbert, Moyvane, Glin.
Aims	To offer support In relation to parental separation and bereavement on the death of a family member.
Counselling / support	Rainbows support group or individual.
Costs	Free.

Name	SOUTHWEST COUNSELLING CENTRE
Address	Emmett's Road, Killarney, Co. Kerry.
Phone number	064 36416.
Fax number	064 37510.
Email address	kcentre@eircom.net
Opening hours	Monday to Friday 10.00am – 8.00pm.
Catchment area	County Kerry and border areas of Cork and Limerick.
Catchment area	To provide professional and therapeutic counselling, workshops and courses on various aspects of human development and growth. To provide staff support and facilitate groups seeking such services and consultation.
Counselling / support	Relationship, marriage counselling, child counselling and bereavement counselling.
Other services offered	We also offer Group counselling, family therapy and staff support.
Costs	Sliding Scale: €10 – €45.

Name **SOUTHWEST KERRY WOMEN'S ASSOCIATION**

Address The O'Connell Centre, Cahersiveen, Co. Kerry.

Phone number 066 947 3397.

Fax number 066 947 3398.

Email address skwanet@iol.ie

Catchment area Southwest Kerry – Kells to Sneem.

Aims To alleviate isolation by developing living, learning and working structures which take the circumstances of rural women into account.
To provide regular formal counselling on a group and individual basis.

Counselling / support Bereavement counselling.

Other services offered Dissemination of information through personal contact, group activities and newsletter. Data base of tutors.

Costs Donations welcome.

Name **TARBERT BEREAVEMENT SUPPORT GROUP**

Address St Mary's Parish, Tarbert, Co. Kerry.

Phone number Available in church and in many local health centres.

Opening hours Available where possible when required.

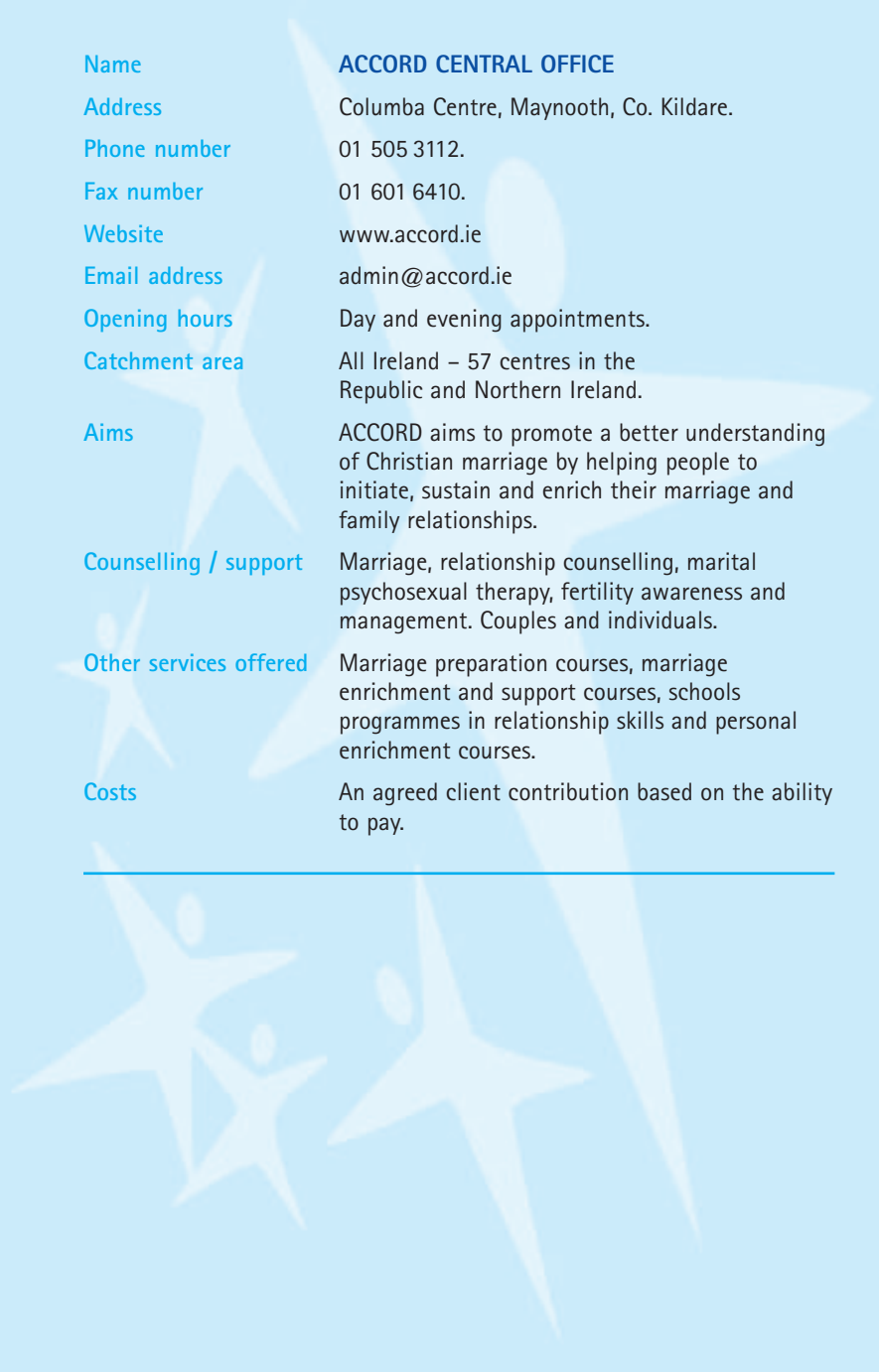
Aims To be available to bereaved people as a support when required.

Counselling / support Bereavement support.

Other services offered Employing guest speakers to speak on difficult aspects of grieving.

Costs Free. Donations welcome.

KILDARE



Name	ACCORD CENTRAL OFFICE
Address	Columba Centre, Maynooth, Co. Kildare.
Phone number	01 505 3112.
Fax number	01 601 6410.
Website	www.accord.ie
Email address	admin@accord.ie
Opening hours	Day and evening appointments.
Catchment area	All Ireland – 57 centres in the Republic and Northern Ireland.
Aims	ACCORD aims to promote a better understanding of Christian marriage by helping people to initiate, sustain and enrich their marriage and family relationships.
Counselling / support	Marriage, relationship counselling, marital psychosexual therapy, fertility awareness and management. Couples and individuals.
Other services offered	Marriage preparation courses, marriage enrichment and support courses, schools programmes in relationship skills and personal enrichment courses.
Costs	An agreed client contribution based on the ability to pay.

Name	ACCORD NEWBRIDGE
Address	Parish Centre, Newbridge, Co. Kildare.
Phone number	045 431 695.
Opening hours	Monday to Tuesday 9.30am – 5.00pm. Wednesday to Thursday 9.30am – 2.00pm.
Catchment area	Kildare and surrounding counties.
Aims	Supporting individuals and couples through personal, relationship, domestic violence and psychosexual difficulties.
Counselling / support	Marriage and individual counselling.
Other services offered	Personal development, schools work, marriage preparation, marriage enrichment courses, domestic violence, psychosexual relationship.
Costs	Sliding scale. Contributions in agreement with client. Marriage Preparation: €100 per couple.

Name	ATHY COMMUNITY COUNCIL LTD
Address	82 Leinster Street, Athy, Co. Kildare.
Phone number	059 863 8099.
Fax number	059 863 2100.
Opening hours	Monday to Friday 9.00am – 5.00pm or by appointment.
Catchment area	Athy and surrounding areas.
Aims	To address social needs in the area, identify possible solutions and provide a framework for action. Provide and promote the development, co-ordination and integration of community services and facilities and promote social inclusion.
Counselling / support	Marriage and relationship counselling, bereavement counselling, anger management, addiction counselling.
Other services offered	Community playschools, community training, drop-in centre and community services centre.
Costs	Counselling free to unwaged / low waged and small fee for waged.

Name	ATHY TRAVELLERS SUPPORT GROUP
Address	Mount St Mary's, Athy, Co. Kildare.
Phone number	059 863 2612.
Fax number	059 863 4711.
Opening hours	Monday to Friday 9.00am – 3.30pm.
Catchment area	Athy.
Aims	To develop self motivation, self-confidence and critical thinking around issues which effect people's lives, eg. marriage and relationships problems.
Counselling / support	Marriage, bereavement and group counselling.
Costs	Free.

Name	BETHANY ATHY BEREAVEMENT SUPPORT GROUP
Address	C/O Cloney East, Kildangan, Monasterevin, Co. Kildare.
Phone number	059 863 2596 or 087 797 6522.
Opening hours	9.00am – 5.00pm by phone.
Catchment area	Athy parish and surrounding areas.
Aims	To meet with bereaved people and to assist parish in bereavement services.
Counselling / support	Bereavement support.
Costs	Free.

Name **BETHANY MAYNOOTH BEREAVEMENT SUPPORT GROUP**

Address C/O St Mary's Parish Church,
Maynooth, Co. Kildare.

Phone number 01 629 3018.

Opening hours Monday to Friday 10.00am – 3.00pm
for phone calls.

Catchment area Maynooth and outlying parishes.

Aims To provide support to individuals and families
following significant loss or bereavement.

Counselling / support Bereavement Support.

Costs Free.

Name **JACK AND JILL CHILDREN'S FOUNDATION**

Address Johnstown Manor, Johnstown, Naas, Co. Kildare.

Phone number 045 894 660.

Fax number 045 894 558.

Email address jackandjill@eircom.net

Website www.jackandjill.ie

Opening hours Monday to Friday 9.00am – 5.00pm.

Catchment area Countrywide for families under the wing of the
Jack and Jill Foundation.

Aims To help and support children of up to 4 years
who are born with or develop brain damage and
who suffer severe intellectual and physical
developmental delay.

Counselling / support Bereavement support – both on an individual
basis and also with information days.

Other services offered Ongoing emotional support for families who live
with and care for their children with
developmental delay on a daily basis at home.

Costs Free.

Name	KILDARE DEANERY PRE-MARRIAGE COURSES
Address	Dunmurray West, Kildare, Co. Kildare.
Phone number	045 521 760.
Email address	carmelhester@hotmail.com
Catchment area	Kildare and surrounding areas.
Aims	To prepare couples for marriage.
Counselling / support	Pre-marriage courses.
Costs	€40 per couple.

Name	KILDARE SUICIDE BEREAVEMENT SUPPORT GROUP
Address	Church of the Irish Martyrs, Ballycane, Naas, Co. Kildare.
Phone number	045 895 629 or 086 855 4852.
Opening hours	Thursday 8.00pm – 9.30pm or otherwise by appointment.
Catchment area	Kildare / West Wicklow / South Co. Dublin.
Aims	Trained facilitators and qualified counsellors in suicide bereavement, offering support to those bereaved by suicide. Service is confidential and non-denominational.
Counselling / support	Bereavement counselling and bereavement support.
Costs	Free.

Name	KILDARE YOUTH SERVICES
Address	Canal Stores, Basin Street, Naas, Co. Kildare.
Phone number	045 856 968 (Administrator's office).
Fax number	045 897 966.
Email address	counselling@kys.ie
Opening hours	Monday to Friday 9.00am – 5.00pm.
Catchment area	Naas and surrounding areas.
Aims	To provide a professional, accessible, preventative counselling service to young people and their families.
Counselling / support	Child counselling and bereavement counselling.
Other services offered	Counselling targets alcohol and substance abuse, family breakdown, early school leavers, lone parents, etc. Other services include Information service and youth groups.
Costs	Free.

Name	NAAS PRE-MARRIAGE PREPARATION COURSES
Address	Curate's House, Sallins Road, Naas, Co. Kildare.
Phone number	045 879 730.
Opening hours	Monday, Tuesday, Thursday and Friday 10.00am – 5.00pm. Wednesday and Saturday 10.00 – 1.00pm.
Catchment area	Naas and surrounding areas.
Aims	To help couples in their plans and preparation for marriage and family life together.
Costs	€60 per couple.

Name	NEWBRIDGE FAMILY RESOURCE CENTRE
Address	2664 Dara Park, Newbridge, Co. Kildare.
Phone number	045 438 173.
Fax number	045 446 761.
Email address	paulinenewbridgefrc@eircom.net
Opening hours	Monday to Friday 9.00am – 5.00pm and by appointment.
Catchment area	Newbridge and surrounding area.
Aims	To provide a counselling and a support service for families and children experiencing difficulty in their lives.
Counselling / support	Marriage, bereavement counselling and support for children and adolescents especially those experiencing difficulty through separation.
Other services offered	Pre-school play group, after school club, parenting programme, tenants rights, coffee mornings, drop-in skills activity programme for women, over 55's, young mother's group, youth club, parent & toddler, summer project, backstage theatre.
Costs	Free.

Name	RAINBOWS SCOIL BRÍD CELBRIDGE
Address	Main Street, Celbridge, Co. Kildare.
Phone number	01 627 2922.
Catchment area	Pupils of Scoil Brid.
Aims	Rainbows provides peer support for children who have experienced significant change in their lives, eg: death, separation or divorce.
Costs	Free.

Name	RAINBOWS SCOIL NA MAINISTREACH CELBRIDGE
Address	Scoil na Mainistreach, Old Town Road, Celbridge, Co. Kildare.
Phone number	01 627 1149.
Fax number	01 627 1188.
Catchment area	Pupils of Scoil na Mainistreach.
Aims	Rainbows provides peer support for children who have experienced significant loss in their lives, eg: death, separation or divorce.
Counselling / support	Peer support.
Costs	Free.

Name	RAINBOWS KILDARE PARISH
Address	C/O Presentation Convent, Kildare Town, Co. Kildare.
Phone number	045 521 481.
Aims	To provide support for children who have been bereaved through parental death / separation or painful transition.
Counselling / support	Support group for children and teenagers of separated and bereaved parents.
Other services offered	This programme is also offered to adults in similar bereavement situations.
Costs	Free.

Name	RAINBOWS MAYNOOTH
Address	2 Castlebridge, Maynooth, Co. Kildare.
Phone number	01 628 9952.
Opening hours	School hours.
Catchment area	Maynooth.
Aims	Support group for children of separated and bereaved parents.
Counselling / support	Rainbows support.
Costs	Free.

Name	RAINBOWS MONASTEREVIN
Address	Scoil Eimhín Naofa, Monasterevin, Co. Kildare.
Phone number	045 525 561.
Fax number	045 529 355.
Website	www.kildare.ie/sainteivins
Email address	stevin@iol.ie
Opening hours	School hours.
Aims	Rainbows provides a support group for children who have experienced a death, divorce or other painful transition in their family.
Counselling / support	Peer support.
Costs	Free.

Name	RAINBOWS NAAS PARISH
Address	C/O Curates' House, Sallins Road, Naas, Co. Kildare.
Phone number	045 897 260 or 086 243 2636.
Catchment area	Naas and surrounding areas.
Aims	Rainbows provides peer support for children and young adults who have suffered loss through bereavement or parental separation. Rainbows is not a counselling service.
Counselling / support	Rainbows support.
Costs	Free.

KILKENNY

Name	ACCORD KILKENNY
Address	St Mary's Centre, James Street, Kilkenny.
Phone number	056 772 2674.
Opening hours	Monday to Thursday 2.00pm – 5.00pm. Friday 10.00am – 4.00pm.
Catchment area	Diocese of Ossory.
Aims	Helping couples and individuals to deal with problems in relationships.
Counselling / support	Marriage counselling.
Costs	Contributions welcome. Marriage preparation: €100 per couple

Name	AMBER – KILKENNY WOMEN'S REFUGE
Address	Acorn House, Lacken, Dublin Road, Kilkenny.
Phone number	056 777 1404.
Fax number	056 777 1899.
Email address	kwrp@eircom.net
Opening hours	24 hours service.
Catchment area	Kilkenny, Carlow and also referrals from all over Ireland.
Aims	To provide emergency accommodation in a safe and secure environment for women and children affected by domestic violence.
Counselling / support	Child counselling, non-directive counselling service for women.
Other services offered	Play therapy for children, 24 hour helpline, court accompaniment and referrals to relevant agencies. Support, information and drop-in service.
Costs	Free.

Name	CLOGH FAMILY RESOURCE CENTRE
Address	Clogh, Castlecomer, Co. Kilkenny.
Phone number	056 444 2800.
Fax number	056 444 2800.
Email address	cloghfrc@eircom.net
Opening hours	Monday to Friday 9.00am – 5.00pm.
Catchment area	Parish of Clogh – Moneenroe.
Aims	To provide bereavement support.
Counselling / support	Bereavement support.
Other services offered	Information support, referral support / services.
Costs	Sliding scale.

Name	KILKENNY BEREAVEMENT SUPPORT
Address	C/O Villa Maria, Freshford Road, Kilkenny.
Phone number	056 775 6538.
Opening hours	9.00am – 8.00pm (phone).
Catchment area	Co. Kilkenny.
Aims	To provide one to one support and counselling for the bereaved.
Counselling / support	Bereavement counselling and support.
Other services offered	We provide education, training and support to parish groups and schools.
Costs	Free. Donations welcome.

Name	LOUGHBOY AREA RESOURCE CENTRE CDP (LARC)
Address	Bishop Birch Training Institute, Nuncio Rd, Kilkenny.
Phone number	056 776 4700.
Fax number	056 776 4964.
Email address	larckilkenny@eircom.net
Opening hours	Monday to Friday 9.30am – 5.30pm and by appointment. Evening programmes 7.30pm – 9.30pm.
Catchment area	Greater Loughboy area.
Aims	To provide an accessible affordable confidential counselling service for anyone in the community experiencing difficulties in their lives.
Counselling / support	Family therapy with individuals, youth, children, couples and families working with issues such as relationship breakdown, separation, issues of adolescence, substance abuse, grief, bereavement and issues of loss.
Other services offered	Childcare, crèche, community playgroup, after-schools programme, parenting and capacity building programmes for adults. Information, support and referral on education, training, safety and wellbeing.
Costs	Sliding scale.

Name	THE MOTHERS UNION
Address	The Diocesan Office, St Canice's Library, Kilkenny.
Phone number	056 776 1910.
Fax number	056 775 1813.
Email address	mu@themothersunion.org
Website	www.themothersunion.org
Opening hours	Monday to Friday 9.00am – 1.00pm.
Catchment area	United Dioceses of Waterford, Lismore, Cashel, Ossory, Leighlin and Ferns.
Aims	The purpose of the Mother's union is to be specially concerned with all that strengthens and preserves marriage and Christian family life. The aim of the society is the advancement of the Christian religion in the sphere of marriage and family life.
Counselling / support	Marriage counselling, marriage preparation, child counselling and bereavement counselling.
Other services offered	Parenting courses.
Costs	Sliding scale – depending on circumstances.

Name	RAINBOWS THOMASTOWN
Address	C/O Newtown, Thomastown, Co. Kilkenny.
Phone number	056 772 4036.
Fax number	056 772 4036.
Email address	dandkhynes@eircom.net
Catchment area	Thomastown and surrounding area.
Aims	To support children, adolescents and adults grieving a death, separation or other significant loss within the family.
Counselling / support	Support groups.
Other services offered	Support groups also available for adolescents and adults. Referral to bereavement counselling and specialist counselling where necessary.
Costs	Free.

LAOIS

Name	ACCORD PORTLAOISE
Address	Portlaoise Parish Centre, St Peter & Paul's Church, Portlaoise, Co. Laois.
Phone number	0502 61581.
Opening hours	Monday to Friday 9.30am – 12.30pm.
Website	www.accord.ie
Catchment area	Midlands.
Aims	To offer marriage and relationship counselling in a safe, confidential and professional way, facilitating couples and individuals to explore, reflect and resolve difficulties in their marriage or other relationship. Accord recognises that people in a relationship can mean married, separated, single or living together.
Counselling / support	Relationship counselling, marriage preparation courses.
Other services offered	Psychosexual counselling, marriage enrichment courses, personal enrichment plus relationship education service to schools.
Costs	Sliding scale based on income.

Name	LAOIS YOUTH SERVICES
Address	41 Grattan Street, Portlaoise, Co. Laois.
Phone number	0502 65010.
Fax number	0502 65010.
Email address	laoisyouth2002@eircom.net
Opening hours	Monday to Friday 9.00am – 5.00pm.
Catchment area	Co Laois.
Aims	To provide quality youth services to young people in Laois.
Counselling / support	Teen-between service.
Other services offered	Training, information, supports for youth clubs.
Costs	Free.



Name	MIDLAND SUICIDE BEREAVEMENT SUPPORT SERVICE
Address	The Old Maltings, Coote Street, Portlaoise, Co. Laois.
Phone number	0502 64513 or 086 815 7320.
Fax number	0502 64567.
Email address	william.bland@mhb.ie or ritam.kelly@mailq.hse.ie
Opening hours	Monday to Friday 9.30am – 5.30pm.
Catchment area	Longford, Westmeath, Laois, Offaly.
Aims	To provide support for people bereaved or affected by suicide in the midlands.
Counselling / support	Suicide bereavement support on a one-to-one and group basis, information advice and a bereavement booklet.
Costs	Free.

Name	MOUNTMELICK CHILD SUPPORT GROUP
Address	C/O Mountmellick Development Association, Irishtown, Mountmellick, Co. Laois.
Phone number	0502 24525.
Fax number	0502 44343.
Email address	Annemarie@mdasiltd.ie
Website	www.mountmellickdevelopment.com
Opening hours	Monday to Friday 9.00am – 5.00pm. Outside these hours by appointment.
Catchment area	Parish of Mountmellick.
Aims	To provide child counselling as part of the MDA's social inclusion programme.
Other services offered	MDA offers community development, community based youth initiatives, services to the unemployed and computer training.
Counselling / support	Child counselling.
Other services offered	Community development, community based youth initiatives, services to the unemployed, computer training.
Costs	Vary.

Name	MOUNTMELICK DEVELOPMENT ASSOCIATION SOCIAL INCLUSION
Address	C/O Mountmellick Development Association, Irishtown, Mountmellick, Co. Laois.
Phone number	0502 24525.
Fax number	0502 44343.
Email address	storm@mdasiltd.ie
Website	www.mountmellickdevelopment.com
Opening hours	Monday to Friday 9.00am – 5.00pm.
Catchment area	Mountmellick and surrounding areas.
Aims	To support local, integrated social and economical development.
Counselling / support	Bereavement counselling.
Other services offered	Services to the unemployed, community development support and development programmes for young people.
Costs	Depends on circumstances.

Name	NATIONAL ASSOCIATION FOR PARENT SUPPORT
Address	17 Roselawn, Harpur's Lane, Portlaoise, Co. Laois.
Phone number	0502 61666.
Fax number	0502 61161.
Email address	eq_naps@eircom.net
Opening hours	Monday to Friday 9.00am – 6.00pm.
Catchment area	Laois and national for helpline, advice, etc.
Aims	To support parents in supporting their children, especially students.
Counselling / support	Bereavement, parenting, family, depression counselling and education issues.
Other services offered	Support and literature on learning difficulties, diet and remedial exercises, screening.
Costs	Many services free.

LEITRIM

Name	COMMUNITY SCHOOL SEPARATION & BEREAVEMENT SUPPORT GROUP
Address	Community School, Carrick-on-Shannon, Co. Leitrim.
Phone number	071 962 0880.
Fax number	071 962 1703.
Catchment area	Pupils of Community school.
Aims	To support students who have experienced bereavement or parental separation in their lives.
Counselling / support	Child counselling and group support.
Costs	Free.

Name	LOUGH ALLEN COMMUNITY DEVELOPMENT PROJECT LTD.
Address	Roantree, Drumkeeran, Co. Leitrim.
Phone number	071 964 8966.
Fax number	071 964 8143.
Email address	cdploughallen@diginet.ie
Opening hours	Monday to Friday 9.00am – 5.00pm.
Catchment area	Drumkeeran and surrounding areas.
Aims	To be a vibrant, healthy and sustainable community where everyone feels included and involved, with pride in themselves, their achievements and locality.
Counselling / support	Bereavement counselling.
Costs	Free.

Name	MOHILL FAMILY SUPPORT CENTRE LTD
Address	Hyde Street, Mohill, Co. Leitrim.
Phone number	071 963 1253.
Fax number	071 963 1826.
Email address	mfsc@eircom.net
Opening hours	Monday to Friday 9.30am – 1.00pm . and 2.00pm – 5.00pm.
Catchment area	Mohill Town and surrounding areas.
Aims	To facilitate the people in the Mohill area to take concrete steps to improve the quality of their lives.
Counselling / support	Bereavement counselling and support, relationship counselling and Rainbows programme.
Other services offered	Referrals are also made to counselling centres in neighbouring towns.
Costs	Bereavement support and Rainbows programme are free. Other services are negotiable.

Name	RAINBOWS DRUMSHANBO
Address	Áras Phadraig, Drumshanbo, Co. Leitrim.
Phone number	071 964 1471 or 071 964 1010.
Opening hours	Wednesdays 5.30pm – 6.30pm.
Catchment area	Drumshanbo.
Aims	To offer support to children who are suffering loss by death, separation or divorce.
Counselling / support	Rainbows support.
Costs	Free.

LIMERICK

Name	ABBEYFEALE BEREAVEMENT SUPPORT GROUP
Address	St Ita's Hall, Abbeyfeale, Co. Limerick
Phone number	068 31203.
Fax number	068 32444.
Opening hours	Mondays 8.00pm – 9.00pm.
Catchment area	Abbeyfeale town and parish.
Aims	To provide support to people who have been bereaved by death.
Counselling / support	Bereavement support.
Costs	Free.

Name	ACCORD LIMERICK
Address	66 O'Connell Street, Limerick.
Phone number	061 313 287.
Fax number	061 481 464.
Opening hours	Monday to Friday 9.30am. – 5.00pm. Closed 1.00 – 2.00pm. (Late appts. Mon – Thurs).
Catchment area	Limerick, Clare, Tipperary.
Aims	To help couples initiate, sustain and enrich their relationships. To support people who are experiencing difficulties in their relationship.
Counselling / support	Relationship counselling, marriage preparation and workshops.
Costs	Low cost counselling. Donations welcome. Marriage preparation / workshops €50.

Name	ACCORD NEWCASTLE WEST
Address	Parish Centre, Newcastle West, Co. Limerick.
Phone number	069 61000.
Opening hours	Monday to Friday 10.00am – 1.00pm.
Catchment area	West Limerick.
Aims	To provide marriage preparation courses for engaged couples and to support married people who are experiencing difficulties in their relationship.
Counselling / support	Marriage counselling, marriage preparation.
Other services offered	Schools visits or requests.
Costs	Free. Donations welcome. Marriage preparation: €100 per couple.

Name	ADAPT
Address	Adapt House, Rosbrien, Limerick.
Phone number	061 412 354 (Helpline: 1800 200 504).
Fax number	061 419 809.
Email address	administration@adaptservices.ie
Opening hours	24 hours – all year.
Catchment area	Midwest region and beyond.
Aims	To promote the right of women and children to a violent free life, provide refuge and other services for women survivors and their children.
Counselling / support	Group and play therapy for children who have witnessed domestic violence.
Other services offered	Refuge, 24 hour help line, support groups, outreach support, court accompaniment, child care, education opportunities.
Costs	Free.

Name	BEDFORD ROW FAMILY PROJECT
Address	Lower Bedford Row, Limerick City.
Phone number	061 315 332.
Fax number	061 310 016.
Email address	bedfordrow@eircom.net
Opening hours	Monday to Friday 9.00am – 5.00pm.
Catchment area	Limerick.
Aims	Support for families of people in prison and for those who have been in prison.
Counselling / support	Bereavement, parental separation, family systems, addiction.
Other services offered	Support of social worker, opportunities for personal development, advocacy.
Costs	Sliding scale.

Name	THE BLUE BOX CREATIVE LEARNING CENTRE
Address	8 Limerick Enterprise Dev. Park, Roxboro Road, Limerick.
Phone number	061 315 070.
Email address	bluebox@eircom.net
Opening hours	Monday to Friday 9.00am – 5.00pm.
Catchment area	Limerick city and mid-west.
Aims	To provide therapy / counselling services to children, adolescents and young adults and their families within their communities.
Counselling / support	Bereavement, separation and loss, individual and group therapy, parent / guardian and child therapy through art and music therapies.
Other services offered	Support to outreach projects, music for fun and learning, supervision.
Costs	Considered on a case by case basis.



Name	CAHERCONLISH / CAHERLINE BEREAVEMENT SUPPORT GROUP
Address	Millennium Centre, Caherconlish, Co. Limerick.
Phone number	061 351 323.
Fax number	061 352 248.
Email address	muri@eircom.net
Catchment area	Caherconlish / Caherline.
Aims	To provide support to the bereaved.
Counselling / support	Bereavement support monthly meeting (guest speakers on occasion).
Costs	Free.

Name	CARI FOUNDATION LIMERICK
Address	2 Garryowen Road, St Johns, Limerick.
Phone number	061 413 331 (National Lo-call Helpline: 1890 924 567).
Fax number	061 431 536.
Email address	caritherapists@eircom.net
Website	www.cari.ie
Opening hours	Monday to Friday 9.30am – 5.30pm.
Catchment area	All areas.
Aims	CARI's primary aim is to provide professional, child centred support and long-term therapy and young people who have experienced child sexual abuse. We also provide support, counselling and therapy to non-abusing family members / carers or groups affected by child sexual abuse.
Counselling / support	Child, marriage and bereavement counselling, group work, crisis counselling, advice appointments, support services and therapy for children and their non-abusing family members as appropriate. Individual therapy and art / play / sand therapy for children and young people affected by child sexual abuse.
Other services offered	Lo-call Helpline 1890 924 567 providing advice and information for anyone who has concerns about child sexual abuse or child protection issues. Preventative education for young people / schools. Awareness programmes for professional and groups. Training and consultancy to professional and groups.
Costs	CARI aims to provide our services to anyone who needs them regardless of their means. As such, we suggest a nominal fee where appropriate but this is negotiable and donations are always welcome.



Name	HOSPITAL FAMILY RESOURCE CENTRE
Address	Knockainey Road, Hospital, Co. Limerick.
Phone number	061 383 884.
Fax number	061 383 899.
Email address	hospitalfrc@eircom.net
Website	www.frnt.com/hospital
Opening hours	Monday to Friday 9.30am – 5.30pm.
Catchment area	Southeast Co. Limerick area.
Aims	To improve the quality of life for groups and individuals in a rural area by actively working with local communities to make a difference by creating a welcoming non-judgemental space that meets local needs through listening, networking, training and supports.
Counselling / support	Marriage, child and bereavement counselling. Support in issues such as bullying, suicide and abuse.
Other services offered	Women's groups, disability lobbying, support to youth activated, elderly "get-togethers", men's group, education and training after schools.
Costs	Nominal fee charged (up to €10 per session).

Name	LIMERICK DIOCESAN PASTORAL CENTRE
Address	St Michaels' Courtyard, Denmark Street, Limerick.
Phone number	061 400 133.
Fax number	061 400 601.
Email address	ldpc@eircom.net
Website	www.pastoralcentre.limerickdiocese.org
Opening hours	Monday to Friday 9.00am – 5.30pm and 6.30pm – 10.30pm.
Catchment area	Limerick Diocese (60 parishes).
Aims	To provide bereavement counselling and support plus Rainbows groups for children who are grieving a significant loss in their lives.
Other services offered	Bereavement counselling and support plus Rainbows groups.
Costs	Free.

Name	LIMERICK SOCIAL SERVICE COUNCIL
Address	Henry Street, Limerick.
Phone number	061 314 111.
Fax number	061 314 069.
Opening hours	Monday to Friday 9.30am – 5.30pm.
Catchment area	Limerick City and surrounding areas.
Aims	To provide access to counselling for individuals, couples, and children who are experiencing stress in their lives.
Counselling / support	Marriage counselling, child counselling, bereavement counselling.
Other services offered	Counselling for individuals and couples experiencing difficulty in their personal or work relationships.
Costs	Free.

Name	MILFORD CARE CENTRE
Address	Social Work Department, Milford House, Milford Care Centre, Castletroy, Limerick.
Phone number	061 485 800.
Fax number	061 331 181.
Email address	milford@milfordcare.ie
Opening hours	Monday to Friday 9.00am – 5.00pm.
Catchment area	Limerick City and Co., Co. Clare, Tipperary North.
Aims	To provide counselling and support to (a) those bereaved by the death of somebody who had been cared for by Hospice services (b) any person bereaved without having had prior contact with the Hospice, as resources allow.
Counselling / support	Bereavement counselling, support for adults and children.
Other services offered	Individual counselling, facilitated bereavement groups, bereavement support, training, palliative care and social work.
Costs	Free. Donations welcome.

Name	MOYROSS BEREAVEMENT SUPPORT GROUP
Address	C/O 132 Cosgrave Park, Moyross, Limerick.
Opening hours	Thursday 10.30am – 12.30pm.
Catchment area	Moyross parish and surrounding areas.
Aims	To provide support for people dealing with the loss of a loved one and to facilitate members to be a support to each other and to the wider community.
Counselling / support	Bereavement support.
Other services offered	Training for members interested in outreach work.
Costs	Free.

Name	NEWCASTLE WEST BEREAVEMENT SUPPORT GROUP
Address	Newcastle West Parish Centre, Newcastle West, Co. Limerick.
Phone number	069 62311.
Opening hours	Monday to Friday 9.00am – 6.00pm.
Catchment area	Newcastle West parish and surrounding area.
Aims	To provide support for people who have been bereaved by death. Naming ceremony for babies who have died through miscarriage, still birth and cot deaths.
Counselling / support	Bereavement support.
Other services offered	Public talks, seminars.
Costs	Free.

Name	OUR LADY OF THE ROSARY BEREAVEMENT SUPPORT GROUP
Address	3 Sunville Court, North Circular Road, Limerick.
Phone number	061 455 815.
Email address	pmflood@eircom.net
Opening hours	As required.
Catchment area	Our Lady of the Rosary parish.
Aims	To provide a source of support for the bereaved of the parish through a visitation programme and the provision of regular community services for the bereaved.
Counselling / support	Bereavement support.
Costs	Free.

Name	OUR LADY QUEEN OF PEACE BEREAVEMENT SUPPORT GROUP
Address	27 Daly Avenue, Janesboro, Limerick.
Phone number	061 415 651.
Catchment area	Janesboro and surrounding area.
Aims	To support bereaved families.
Counselling / support	Bereavement support.
Costs	Free.

Name	SOUTHILL FAMILY RESOURCE CENTRE
Address	267-268 Avondale Court, O'Malley Park, Limerick.
Phone number	061 440 250.
Fax number	061 440 250.
Opening hours	Monday to Friday 9.00am – 5.00pm.
Catchment area	Southill, Limerick.
Aims	To provide opportunities for local people to learn, relax, feel supported and have fun in a pleasant, friendly and respectful environment.
Counselling / support	Marriage, child and bereavement counselling, family systemic therapy with individuals, couples and families working with issues, eg. bereavement, relationship issues, panic attacks, etc.
Other services offered	Child care, computer classes, adult education classes, health matters, reiki.
Costs	Free.

Name	ST MUNCHIN'S FAMILY RESOURCE CENTRE
Address	26 – 28 Clonconnane Road, Ballynanty, Limerick.
Phone number	061 326 623 or 087 375 0074.
Fax number	061 328 517.
Email address	frc@communitylink.ie
Opening hours	Monday to Friday 9.00am. – 9.30pm.
Catchment area	St Munchin's Parish.
Aims	To work for and support the alleviation of poverty and social exclusion in the community of St Munchin's parish and surrounding areas by providing services for groups and individuals.
Counselling / support	Marriage counselling, child counselling, bereavement counselling.
Other services offered	Community education, crèche, information services, chiropody, after school club, women's groups, computer centre, etc.
Costs	Nominal fee (max €5).

Name	ST NICHOLAS PARISH BEREAVEMENT SUPPORT GROUP
Address	St Nicholas House, Westbury, Corbally, Limerick.
Phone number	061 340 614 / 087 818 0815.
Opening hours	Monthly meeting – individual appointment by request.
Catchment area	St Nicholas parish and surrounding area.
Aims	To provide support to bereaved parishioners through house visitations and group meetings on a regular basis.
Counselling / support	Bereavement support.
Other services offered	Special Masses twice yearly.
Costs	Free.

LONGFORD

Name	ACCORD LONGFORD
Address	Family Centre, St Mel's Road, Longford.
Phone number	043 47222.
Fax number	043 46833.
Opening hours	Monday to Friday 11.30am – 1.30pm.
Catchment area	Longford, South Leitrim.
Aims	To counsel, enrich and prepare couples in a relationship.
Counselling / support	Marriage counselling, marriage preparation.
Costs	Pre-marriage course: €100 per couple. Counselling: contributions welcome.

Name	FAMILY MINISTRY LONGFORD
Address	The Family Centre, St Mel's Road, Longford.
Phone number	043 46827.
Email address	stmelcathedral@eircom.net
Opening hours	Monday to Thursday 10.30am – 12.30pm.
Catchment area	Longford, South Leitrim.
Aims	To provide counselling and support for people who have been bereaved.
Counselling / support	Bereavement counselling and support.
Other services offered	Parenting.
Costs	Free.



Name	LONGFORD WOMEN'S CENTRE
Address	Willow House, Ardnacassa Avenue, Longford.
Phone number	043 41511 or 087 677 2067.
Fax number	043 41241.
Email address	info@longfordwomenslink.org
Website	www.longfordwomenslink.org
Opening hours	Monday to Friday 9.00am – 5.00pm.
Catchment area	Co Longford.
Aims	To provide information and counselling services to the people of Longford.
Counselling / support	Marriage, child and bereavement counselling.
Other services offered	Marriage preparation, rape and sexual abuse counselling, domestic violence counselling and support, relationship and general counselling.
Costs	Sliding scale. Assessment session: free.

LOUTH

Name	ACCORD DROGHEDA
Address	'Verona', Crosslane, Drogheda, Co. Louth.
Phone number	041 984 3860.
Fax number	041 983 1215.
Email address	accorddrogheda@eircom.net
Opening hours	Monday to Friday 10.00am – 1.00pm. Counselling times as needed by clients.
Catchment area	Drogheda, Louth, Meath, Cavan and Monaghan
Aims	Caring for relationships by providing the various services to the communities of the catchment area.
Counselling / support	Marriage / relationship counselling, sex therapy.
Other services offered	Marriage preparation courses, schools relationship and sex education programme.
Costs	Counselling: negotiable sliding scale. Marriage preparation courses: €70 per couple. Schools RSE programme: €65 per class.

Name	ACCORD DUNDALK
Address	St Patrick's Grounds, Roden Place, Dundalk, Co. Louth.
Phone number	042 933 1731.
Fax number	042 933 1731.
Opening hours	Monday to Friday 10.00am – 2.00pm. Counselling as needed by clients.
Catchment area	Dundalk / Newry / Drogheda and Monaghan
Aims	Caring for relationships by providing the various services to the communities of the catchment area.
Counselling / support	Marriage counselling, marriage preparation.
Other services offered	Relationship programmes in schools. Fertility Training.
Costs	Income related donations gratefully received. Nobody is refused counselling on the grounds of inability to pay. Pre-marriage: €100 per couple.



Name	"BETHANY"
Address	34 Point Road, Dundalk, Co. Louth.
Phone number	042 933 1602.
Fax number	042 933 1602.
Email address	bethany2@iolfree.ie
Opening hours	Monday to Friday 9.30am – 5.30pm.
Catchment area	Louth, South Armagh, Newry, Castleblayney, Carrickmacross.
Aims	To support and protect individuals and families with special care for deprived, unemployed and marginalised and to be available and offer hospitality in person and by telephone.
Counselling / support	Marriage, bereavement, family, individual, spiritual counselling.
Other services offered	Programmes, eg. women's groups, self-development, spiritual accompaniment, dreamwork.
Costs	Free. Donations welcome.



Name	DROGHEDA COMMUNITY SERVICES TRUST
Address	Villa Maria, 57 Fair Street, Drogheda, Co. Louth.
Phone number	041 983 6084.
Fax number	041 983 4222.
Opening hours	Monday to Friday 9.00am – 5.00pm. Evening time by appointment.
Catchment area	Drogheda and surrounding areas.
Aims	Provision of social services which meets a need in the community. To help co-ordinate and develop the work of voluntary agencies and to encourage the establishment of new organisations to fulfil needs not yet catered for.
Counselling / support	Bereavement counselling, bereavement education service, suicide support group.
Other services offered	Day Care Centre for older people providing various services and social activities. The Centre also provides legal advice, civil legal aid and self development courses.
Costs	Free. Donations welcome.

Name	DROGHEDA NORTHSIDE COMMUNITY PARTNERSHIP
Address	Moneymore Community House, 43 Moneymore, Drogheda, Co. Louth.
Phone number	041 984 5838.
Fax number	041 984 5602.
Opening hours	Monday to Friday 9.30am – 4.30pm.
Catchment area	The families and children attending any of the eight primary schools on the northside of Drogheda town.
Aims	This school based family counselling service provides an opportunity to unravel and understand events or pain in ones life and work with them. The service offers a facility to work with children individually or in small groups. Parents can avail of this service for short term focused counselling. It provides a safe place where confidentiality is assured.
Counselling / support	The counselling offered is client centred, the primary focus being bereavement counselling, child counselling and parental separation.
Other services offered	The project provides the following services to the eight schools involved, home visiting, parental capacity building and programmes both in school and holidays for children.
Costs	Free.

Name	DROGHEDA SCHOOLS COUNSELLING SERVICE
Address	C/O St Paul's National School, Rathmullen, Drogheda, Co. Louth.
Phone number	087 050 5636.
Email address	cagalligan@eircom.net
Opening hours	School hours.
Catchment area	Southside Drogheda and surrounding areas.
Aims	To provide counselling and support services.
Counselling / support	Marriage, Child and Bereavement counselling, family therapy and individual.
Other services offered	Group facilitation and stress management.
Costs	Donations welcome.

Name	DUNDALK CHRISTIAN COUNSELLING CENTRE
Address	Ardee Terrace, Dundalk, Co. Louth.
Phone number	042 932 7094.
Email address	christiancounselling@eircom.net
Opening hours	By appointment.
Catchment area	Louth and surrounding counties.
Aims	To provide a Christian pastoral counselling service to the entire community, with a particular focus on those from an Evangelical Christian background.
Counselling / support	Marriage counselling, marriage preparation, bereavement counselling, alcohol substance abuse counselling and sexual abuse.
Costs	Free. Donations welcome.

Name	DUNDALK COUNSELLING CENTRE LTD
Address	"Oakdene", 3 Seatown Place, Dundalk, Co. Louth.
Phone number	042 933 8333.
Fax number	042 933 3042.
Website	http://www.iol.ie/~oakdene/
Email address	oakdene@iol.ie
Opening hours	Monday to Friday 9.00am – 5.30pm.
Catchment area	Louth and surrounding counties.
Aims	To provide counselling and psychotherapy to individuals and groups and to provide professional training in counselling and psychotherapy. To provide a separate service for adolescents and young adults including school groups, etc.
Counselling / support	Marriage counselling, child counselling, bereavement counselling, family therapy and couple counselling.
Other services offered	We provide counselling free of charge to those on social welfare. Outreach groups and in-house groups for adults and young people.
Costs	Sliding Scale: €10 – €40. Often free of charge.

Name	FAMILY MINISTRY DUNDALK
Address	Diocesan Pastoral Centre, Mount Oliver, Dundalk, Co. Louth.
Phone number	042 937 1235.
Fax number	042 938 0272.
Opening hours	Monday to Friday 9.00am – 4.00pm. (Some evenings as needed).
Catchment area	Louth, Monaghan, Meath, Armagh, South Down, Tyrone.
Aims	To provide programmes, courses and support groups that support family life.
Counselling / support	Bereavement counselling, marriage preparation. Support groups for widowed, separated and bereaved. Individual and one-to-one sessions.
Other services offered	Personal and spiritual development. Workshops to enable people to deal with stress, gain confidence and improve their way of living.
Costs	Sliding scale.

Name	GARY KELLY CANCER SUPPORT CENTRE
Address	Georges Street, Drogheda, Co. Louth.
Phone number	041 980 5100.
Fax number	041 980 5101.
Email address	info@gkcancersupport.com
Website	www.gkcancersupport.com
Opening hours	Monday to Friday 9.00am – 5.00pm (Counselling Wednesdays only).
Catchment area	No restriction.
Aims	The Centre offers confidential support, counselling, information and holistic therapies to people living with cancer and their families.
Counselling / support	Bereavement counselling and support.
Other services offered	Support group meetings, holistic therapies, reflexology, massage, yoga, tai chi and relaxation.
Costs	Free.

Name	LIFESTYLE DEVELOPMENT GROUP LTD.
Address	Lifestyle Centre, Ballsgrove, Drogheda, Co. Louth.
Phone number	041 984 3209.
Fax number	041 984 6011.
Email address	lifedev@eircom.net
Opening hours	Monday to Friday 9.00am – 5.00pm. Evening counselling appointments available.
Catchment area	Southside of Drogheda – priority, the greater Drogheda catchment area.
Aims	To provide the necessary counselling support to members of the community, to enable them to cope with issues thereby allowing them to participate in the community, removing barriers to further education, training, employment, active lives.
Counselling / support	Marriage counselling, marriage preparation, bereavement counselling, child counselling.
Other services offered	Adult education, childcare, programmes, eg. Moving On Lifestart, and summer programmes
Costs	Donations accepted where appropriate.

Name	RAINBOWS BUSH POST PRIMARY SCHOOL
Address	Riverstown, Dundalk, Co. Louth.
Phone number	042 937 6953.
Fax number	042 937 6937.
Opening hours	School hours.
Catchment area	Cooley Peninsula.
Aims	To support students experiencing family break-up or bereavement.
Counselling / support	Rainbows support.
Costs	Free.

Name	RAINBOWS ST LOUIS SECONDARY SCHOOL
Address	Castletown Road, Dundalk, Co. Louth.
Phone number	042 933 4474.
Fax number	042 933 5536.
Email address	info@stlouisdundalk.ie
Opening hours	School hours.
Catchment area	Dundalk and surrounding areas.
Aims	To provide a safe setting for children who are experiencing family break-up or bereavement.
Counselling / support	Rainbows support.
Other services offered	Guidance counselling.
Costs	Free.

Name	WOMEN'S AID DUNDALK
Address	P.O. BOX 60, Dundalk, Co. Louth.
Phone number	042 933 3245 or 042 933 3244.
Fax number	042 932 8663.
Email address	womensaidlk@eircom.net
Opening hours	24 hour Helpline and Refuge.
Catchment area	Louth and surrounding counties.
Aims	To provide safe secure and acceptable accommodation and a range of support services to women and their children who are victims of domestic violence.
Counselling / support	Non directive – using the women's aid model of supportive counselling.
Other services offered	Court accompaniment, medium term supportive housing.
Costs	Free.

MAYO

Name	ACCORD BALLINA
Address	Pastoral Centre, Cathedral Grounds, Ballina, Co. Mayo.
Phone number	096 21478 or 1850 201 878 for general counselling queries.
Opening hours	Monday to Friday 10.00am – 1.00pm and 2.00pm – 4.00pm.
Email address	accordballina@eircom.net
Catchment area	Killala Dioceses and neighbouring parishes.
Aims	To promote a better understanding of Christian Marriage and to help people initiate, sustain and enrich their marriage and family relationships.
Counselling / support	Marriage and relationship counselling, marriage preparation, marriage enrichment.
Other services offered	Family relationships counselling, fertility counselling and natural methods of family planning. Talks in schools and training centres.
Costs	Contributions according to means for counselling service. Fixed fee for marriage preparation.

Name	ACCORD CASTLEBAR
Address	Social Services Building, Castle Street, Castlebar, Co. Mayo.
Phone number	094 902 2214.
Opening hours	Monday to Friday 10.00am – 12.00 noon.
Catchment area	Mayo.
Aims	To provide marriage and relationship counselling and marriage preparation courses.
Counselling / support	Marriage counselling, marriage preparation.
Other services offered	Fertility counselling and family planning.
Costs	Donations welcome.

Name	ACCORD CHARLESTOWN
Address	Pastoral Centre, Charlestown, Co. Mayo.
Phone number	094 925 4944.
Opening hours	Monday to Friday 9.30am – 12.30pm (office).
Catchment area	Diocese of Achonry and adjoining diocese.
Email address	accordcharlestown@eircom.net
Aims	To support marriage through preparing couples and offering remedial help where needed.
Counselling / support	Marriage counselling, marriage preparation.
Other services offered	School work, fertility counselling.
Costs	Sliding scale. Marriage preparation: €100 per couple.

Name	CASTLEBAR COUNSELLING & THERAPY CENTRE (Project of Dublin Counselling & Therapy Centre)
Address	Four Winds, Westport Road, Castlebar, Co. Mayo.
Phone number	094 902 8746.
Fax number	094 902 8748.
Email address	castlebarpsychotherapy@eircom.net
Opening hours	Monday to Friday 9.30am – 5.30pm.
Catchment area	Co Mayo and surrounding counties.
Aims	To provide a professional counselling and psychotherapy service for Individuals, couples, families and groups with special emphasis on providing for those who are economically or otherwise disadvantaged.
Counselling / support	Marriage / relationship counselling. Bereavement counselling.
Other services offered	Counselling / psychotherapy for people presenting with the full spectrum of personal and relational difficulty / distress.
Costs	Free. Donations. Sliding scale: €0 – €60 per session. Fixed: €60 per session. All 4 of these options are available depending on the person's circumstances.



Name	CÚRAM FAMILY CENTRE
Address	Dalton Street, Claremorris, Co. Mayo.
Phone number	094 936 2096.
Fax number	094 937 2745.
Email address	curamclaremorris@eircom.net
Opening hours	Monday to Friday 9.30am – 5.00pm.
Catchment area	Claremorris and surrounding areas.
Aims	To provide a caring and confidential environment where individuals, couples, families, and groups can empower themselves through counselling, education, training and information. We promote social inclusion, integration and work when necessary to effect social policy.
Counselling / support	Marriage, couple, child, family counselling, Rainbows programme for children, bereavement counselling and support groups.
Other services offered	Family support project work, adult education classes, e.g. parent skills, family communication, home care, play group, parent and toddler group, homework club, etc.
Costs	Sliding scale up to €30.



Name	FAMILY LIFE SERVICES
Address	Family Centre, Chapel Street, Castlebar, Co. Mayo.
Phone number	094 902 5900.
Fax number	094 902 8772.
Email address	familycentre@eircom.net
Website	www.thefamilycentre.com
Opening hours	Monday to Friday 9.30am – 5.30pm.
Catchment area	Tuam and surrounding counties.
Aims	Family Life Services is committed to enabling and empowering families and individuals to develop their own resources for more creative and effective living.
Counselling / support	Individual, couple, family, bereavement and child counselling.
Other services offered	Free legal advice service, family mediation, educational and training workshops each Spring and Autumn, Family Life after Separation programme, Rainbows programme, CURA and various support groups.
Costs	Sliding Scale to €30. Can be waived if circumstances demand.

Name	KNOCK SHRINE COUNSELLING SERVICES
Address	Knock Shrine, Knock, Co. Mayo.
Phone number	094 938 8100.
Fax number	094 938 8295.
Website	www.knock-shrine.ie
Email address	info@knock-shrine.ie
Opening hours	Monday to Friday (January to December) 9.30am – 5.30pm. Evening appointments available. Also Saturday and Sunday (April to October) 11.00am – 6.00pm.
Catchment area	Mayo, surrounding counties and from wherever pilgrims come.
Aims	To provide a counselling / therapy and a drop-in service to persons over 18.
Counselling / support	Individual and couple counselling, marriage preparation and bereavement counselling.
Other services offered	Generic counselling service, drop-in service for pilgrims, supervision for staff of centre.
Costs	Counselling: sliding Scale €15 – €50. Drop-in service: donations.

Name	MAYO CANCER SUPPORT CENTRE
Address	32 St Patrick's Avenue, Castlebar, Co. Mayo.
Phone number	094 903 8407.
Fax number	094 904 4877.
Email address	mayocancersupport@eircom.net
Opening hours	Monday to Friday 10.00am – 4.00pm.
Catchment area	Mayo and surrounding areas.
Aims	To offer emotional support and practical help to people with cancer, their families and friends and to provide a drop-in centre where people with cancer may access support and information.
Counselling / support	Bereavement support and support for people before and after cancer diagnosis.
Other services offered	Massage, reflexology, stress management, life coaching, self care, talks on cancer.
Costs	Free.

Name	RAINBOWS BALLYHAUNIS
Address	Ballyhaunis Community School, Knock Road, Ballyhaunis, Co. Mayo.
Phone number	094 963 1948.
Fax number	094 963 0777.
Email address	orlamacken1@eircom.net
Opening hours	School hours.
Catchment area	Ballyhaunis and surrounding areas.
Aims	To provide support to young people as a result of separation or the loss of a family member.
Counselling / support	Rainbows support.
Costs	Free.

Name	ST COLMAN'S BEREAVEMENT SUPPORT GROUP
Address	St Colman's Centre, Keel, Achill Island, Co. Mayo.
Phone number	098 43248 or 086 338 3756.
Fax number	098 43294.
Email address	stcolmans@anu.ie
Catchment area	Achill Island.
Aims	To provide support to the bereaved and their families.
Counselling / support	Bereavement support.
Costs	Free.

Name	WEST OF IRELAND ALZHEIMER FOUNDATION
Address	Main Street, Ballindine, Co. Mayo.
Phone number	094 936 4900.
Fax number	094 936 4946.
Email address	info@westernalzheimer.ie
Website	www.westernalzheimer.ie
Opening hours	Monday to Friday 9.30am – 5.00pm.
Catchment area	Mayo, Galway and Roscommon.
Aims	To provide practical help to carers of Alzheimer patients through the provision of services and facilities best suited to their needs. To provide counselling care and information, to promote awareness of the nature of Alzheimer's disease and its effect on families.
Counselling / support	As needed, arrangements will be made to provide counselling on a one-to-one basis or to families as a group. Meetings will take place in centres, throughout counties and in homes.
Other services offered	Residential respite care, long stay care, day care and in-home support service.
Costs	Free counselling.

MEATH

Name	ACCORD NAVAN
Address	St Anne's Community Resource Centre, Railway Street, Navan, Co. Meath.
Phone number	046 902 3146.
Fax number	046 907 5100.
Opening hours	Monday to Friday 9.30am – 12.30pm.
Email address	accordnavan@eircom.net
Catchment area	Co Meath.
Aims	To promote a better understanding of Christian Marriage and to help people initiate, sustain and enrich their relationships. To support people who are experiencing difficulties in their relationships.
Counselling / support	Marriage counselling, marriage preparation.
Other services offered	Fertility, infertility and natural family planning.
Costs	Donations welcome.

Name	AMEN
Address	St Anne's Resource Centre, Railway Street, Navan, Co. Meath.
Phone number	046 902 3718 (helpline) or 046 907 6864 (business line)
Fax number	046 907 6864.
Website	www.amen.ie
Email address	amen@iol.ie
Opening hours	Monday to Friday 9.00am – 5.30pm.
Catchment area	Nationwide.
Aims	To provide counselling and other supports for men and their children who have been bereaved by family break-up and violence.
Counselling / support	Bereavement counselling and support, child counselling, one-to-one peer counselling, group therapy.
Other services offered	Confidential helpline, information, court accompaniment and a variety of social activities for men and their children.
Costs	Free.



Name	BETHANY DUNBOYNE BEREAVEMENT SUPPORT GROUP
Address	C/O 14 Beechdale, Dunboyne, Co. Meath.
Phone number	086 849 7176.
Opening hours	Monthly meeting.
Catchment area	Dunboyne and surrounding areas.
Aims	To support anyone who has had a loss in their lives.
Counselling / support	Bereavement support.
Costs	Free.

Name	CARI FOUNDATION MEATH
Address	Community Resource Centre, St Mary's, Fairgreen, Navan, Co. Meath.
Phone number	01 830 8529 (National Lo-call Helpline: 1890 924 567).
Fax number	01 830 6309.
Email address	info@cari.ie
Website	www.cari.ie
Opening hours	Mondays.
Catchment area	Wicklow and surrounding areas.
Aims	CARI's primary aim is to provide professional, child centred support and long-term therapy and young people who have experienced child sexual abuse. We also provide support, counselling and therapy to non-abusing family members / carers or groups affected by child sexual abuse.
Counselling / support	Child, marriage and bereavement counselling, group work, crisis counselling, advice appointments, support services and therapy for children and their non-abusing family members as appropriate. Individual therapy and art / play / sand therapy for children and young people affected by child sexual abuse.
Other services offered	Lo-call Helpline 1890 924567 providing advice and information for anyone who has concerns about child sexual abuse or child protection issues. Preventative education for young people / schools. Awareness programmes for professional and groups. Training and consultancy to professional and groups.
Costs	CARI aims to provide our services to anyone who needs them regardless of their means. As such, we suggest a nominal fee where appropriate but this is negotiable and donations are always welcome.

Name	EUREKA SECONDARY SCHOOL
Address	Kells, Co. Meath.
Phone number	046 924 0132.
Fax number	046 924 1221.
Email address	eurekaschool@iol.ie
Opening hours	School hours.
Catchment area	Kells and surrounding areas.
Aims	To provide an environment that will enable us to recognise the individuality and uniqueness of each pupil and to cater for their specific needs.
Counselling / support	Peer support.
Other services offered	"Threads" peer bereavement support.
Costs	Free.

Name	FAMILY MINISTRY NAVAN
Address	Dowdstown House, Dalgan Park, Navan, Co. Meath.
Phone number	046 902 1407.
Fax number	046 907 3091.
Email address	dowdstownhouse@eircom.net
Website	www.dowdstownhouse.com
Catchment area	Meath.
Aims	We seek to promote and to support family life in all its diversity in our changing world. We try to heal the broken hearted and with people towards wholeness and healthy living.
Counselling / support	Marriage counselling, bereavement counselling, child counselling.
Other services offered	General counselling. Support groups for bereavement, child loss, suicide, and training of leaders of Rainbows.
Costs	Low cost counselling. Sliding Scale for bereavement counselling / support. Donations welcome.

Name	MEATH WOMEN'S REFUGE
Phone number	046 902 2393.
Fax number	046 907 2739.
Email address	mwrefuge@eircom.net
Opening hours	24 hours – all year.
Catchment area	HSE (N.E.H.B. Area).
Aims	To provide emergency accommodation, support, information and counselling to women and their children who find themselves the recipients of violence within the family setting. To offer non-judgemental, non-racist services to all women and children regardless of culture, race, religion or sexual orientation.
Counselling / support	Marriage counselling, child counselling.
Other services offered	24 hour confidential help line and support services, couple counselling, child support services. Information on housing, medical, legal and social welfare issues, outreach services transitional housing.
Costs	Free.

Name	RAINBOWS ASHBOURNE
Address	C/O Parish Pastoral Office, Frederick Street, Ashbourne, Co. Meath.
Phone number	01 835 3098.
Catchment area	Ashbourne and surrounding areas.
Aims	To provide opportunity for children suffering loss through bereavement, parental separation or divorce to meet and support each other in a structured, safe and caring environment.
Counselling / support	Peer support.
Costs	Free.

Name	RAINBOWS ASHBOURNE COMMUNITY SCHOOL
Address	Ashbourne Community School, Deerpark, Ashbourne, Co. Meath.
Phone number	01 835 3066.
Fax number	01 835 3083.
Email address	admin@ashcom.ie
Website	www.ashcom.ie
Opening hours	School hours.
Catchment area	Students of school.
Aims	To support young people suffering a bereavement or separation in their family.
Counselling / support	Group support.
Costs	Free.

Name	RAINBOWS DUNSHAUGHLIN
Address	Community College, Drumree Road, Dunshaughlin, Co. Meath.
Phone number	01 825 9137.
Fax number	01 825 9548.
Email address	shryan@duncc.ie
Website	www.duncc.ie
Opening hours	School hours.
Catchment area	Students of College only.
Aims	To support young adults suffering a bereavement or separation in their family.
Counselling / support	Peer support.
Costs	Free.

Name	RAINBOWS MIDWAY
Address	Climber Hall Centre, Oldcastle Road, Kells, Co. Meath.
Phone number	046 924 9257.
Fax number	046 928 2014.
Opening hours	Monday to Friday 9.30am – 4.30pm.
Catchment area	Kells.
Aims	To promote inclusion, independence and support employment for people with intellectual disabilities.
Counselling / support	Rainbows support.
Other services offered	Health & safety, special skills, independent living skills, computer studies and leisure programmes.
Costs	Free.

Name	RAINBOWS POBALSCOIL CHIARÁIN KELLS
Address	Pobalscoil Chiaráin, Kells, Co. Meath.
Phone number	046 924 1551.
Fax number	046 924 1554.
Email address	sccs.ias@eircom.net
Opening hours	School hours.
Catchment area	Kells and surrounding areas.
Aims	To provide a support service for young adults suffering the effect of bereavement, separation or loss.
Counselling / support	Rainbows support.
Costs	Free.

Name	RAINBOWS ST JOSEPH'S CONVENT NAVAN
Address	St Joseph's Convent Primary School, Railway St, Navan, Co. Meath.
Phone number	046 902 1989.
Fax number	046 907 3736.
Email address	jomerps@iol.ie
Opening hours	School hours.
Catchment area	Navan.
Aims	To support children who are grieving through loss, illness, death, separation, divorce.
Counselling / support	Rainbows support.
Costs	Free.

Name	RAINBOWS ST PATRICK'S CLASSICAL SCHOOL NAVAN
Address	Moatlands, Navan, Co. Meath.
Phone number	046 902 3772.
Fax number	046 907 4512.
Opening hours	School hours.
Catchment area	Navan area.
Aims	A peer support group to help students who are coping with a bereavement or change in a family situation.
Counselling / support	Rainbows support.
Costs	Free.

Name	RAINBOWS RATOATH
Address	Ratoath National School, Fairyhouse Road, Ratoath, Co. Meath.
Phone number	085 728 7627.
Opening hours	Fridays 6.30pm – 7.30pm during programme only.
Catchment area	Ratoath, Curraha.
Aims	To help children who are grieving due to a death, separation, significant loss or other transition in their lives.
Counselling / support	Peer support.
Costs	Free.

Name	RAINBOWS ST MARY'S PRIMARY SCHOOL TRIM
Address	St Mary's Primary School, Trim, Co. Meath.
Phone number	046 943 1919.
Opening hours	School hours.
Catchment area	Trim and surrounding area.
Aims	To provide peer support groups for individuals who have experienced a death, divorce or other painful transition in their family.
Counselling / support	Rainbows support.
Costs	Free.

Name	RAINBOWS ST MICHAEL'S PRIMARY SCHOOL TRIM
Address	Patrick Street, Trim, Co. Meath.
Phone number	046 943 1813.
Opening hours	School hours.
Catchment area	Pupils from St Michael's.
Aims	To support children who have experienced separation or loss in their lives.
Counselling / support	Rainbows support.
Costs	Free.

Name	TRIM PARISH SUPPORT GROUP
Address	Blackfriary, Trim, Co. Meath.
Phone number	046 943 7759.
Catchment area	Trim and surrounding areas.
Aims	To provide support to the bereaved.
Counselling / support	Bereavement counselling and support, marriage counselling, child counselling in relation to parental separation.
Costs	Free.

MONAGHAN

Name	ACCORD MONAGHAN
Address	St Macartan's College, Monaghan.
Phone number	047 83359.
Fax number	047 72566.
Opening hours	Monday to Friday 10.00am – 1.00pm.
Catchment area	Co Monaghan, cross-border when requested.
Aims	To help people to initiate, sustain and enrich their marriage and family relationships, and to support people who are experiencing difficulties in their relationships.
Counselling / support	Marriage / relationship counselling, marriage preparation workshops.
Other services offered	Appointments can be made for The Monaghan Centre and the Carrickmacross Workhouse, Shercock Road, Carrickmacross. Appointments can be made through the office in St Macartan's College.
Costs	Donations accepted. Pre-Marriage workshop: €100 per couple.

Name	BLAYNEY BLADES
Address	Iontas, Conabury, Castleblayney, Co. Monaghan.
Phone number	042 9753410 / 042 9753411 / 042 9753412.
Fax number	042 9753433.
Opening hours	Monday to Friday 9.30am – 4.30pm. Counselling and Courses 8.00pm – 10.00pm.
Catchment area	Castleblayney and surrounding areas.
Aims	To provide affordable counselling locally and emergency counselling in times of death and separation.
Counselling / support	Child counselling, bereavement counselling, and general counselling.
Other services offered	Personal development, educational & training programmes, after school / activity club, moving-on programmes.
Costs	Sliding scale. Donations welcome.

Name	DOCHAS FOR WOMEN
Address	Teach na Daoine, Mullaghmat / Cortolvin Family Resource Centre, Oriel Road, Monaghan.
Phone number	047 71640.
Fax number	047 71641.
Email address	dochasforwomen@eircom.net
Opening hours	Monday to Thursday 9.00am – 4.00pm. Friday 9am – 3pm 24 hour answering service. Personal Development Course Monday – Sunday 9.00am – 10.00pm. Counselling Service Monday – Saturday 9.00am – 9.00pm by appointment.
Aims	Dochas encourages all women to become actively involved in self and community development.
Counselling / support	Marriage counselling, child counselling and bereavement counselling.
Other services offered	Listening ear service, drop-in centre, up to date advice and information, personal development and professional courses, traveller support group, lone parents support group, back to education programme. On going support and encouragement for those in need.
Costs	Free, donations, sliding scale, fixed.

Name	LIFE SUPPORT
Address	23 North Road, Monaghan.
Phone number	087 240 5942.
Opening hours	24 hour helpline.
Catchment area	Monaghan and surrounding areas.
Aims	To support the families and friends of people who have taken their own lives.
Counselling / support	Bereavement support, meetings, helpline and home visits.
Other services offered	Referrals to statutory or professional agencies.
Costs	Free.

Name	MONAGHAN BEREAVEMENT SUPPORT GROUP
Address	32 Park Street, Monaghan.
Phone number	047 82196.
Opening hours	Available anytime.
Catchment area	Monaghan and surrounding parishes.
Aims	We offer support and a listening ear to people experiencing grief through the death of a loved one.
Counselling / support	Bereavement support.
Costs	Free.

Name	MONAGHAN PRESBYTERY
Address	C/O The Manse, Coolshanagh, Co. Monaghan.
Phone number	047 71607.
Catchment area	Monaghan and Cavan.
Aims	To prepare Presbyterian and Church of Ireland couples who intend to be married in a Presbyterian Church for a life-long partnership.
Counselling / support	Marriage preparation.
Costs	€20.

Name	MONAGHAN YOUTH FEDERATION
Address	Youth Information Service, York Street, Castleblayney, Co. Monaghan.
Phone number	042 975 1979.
Fax number	042 975 1932.
Email address	castleblayneyc@eircom.net
Opening hours	Monday to Thursday 10.00am – 6.00pm. Friday 10.00am – 5.00pm.
Catchment area	Co Monaghan.
Aims	Teen Between service is specifically geared to helping young people from 12 to 21 yrs to cope with issues arising from their parent's separation.
Counselling / support	Teen Between one-to-one listening support service for the adolescent children of separated parents.
Costs	Free and confidential.

Name	RAINBOWS CARRICKMACROSS
Address	St Joseph's Boy's National School, Carrickmacross, Co. Monaghan.
Phone number	042 966 3361.
Opening hours	Tuesday 7.00pm – 9.00pm.
Catchment area	Carrickmacross and surrounding areas.
Aims	Rainbows is a programme run to help children and young adults cope with the loss of a family member due to death or separation.
Counselling / support	Bereavement support.
Costs	Free.

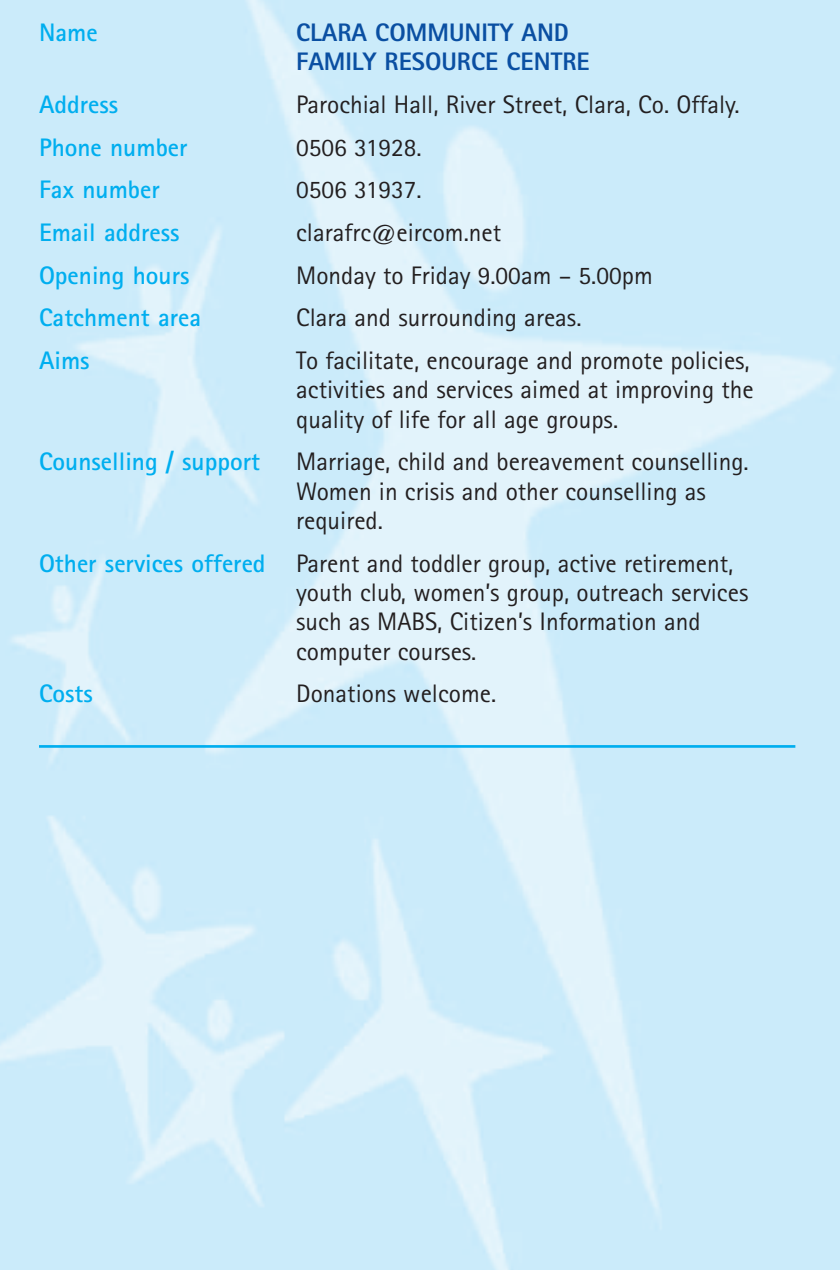


Name	RAINBOWS SCOIL CHROÍ RÓ NAOFA – CLONES
Address	Scoil Chroí Ró Naofa, Roslea Road, Clones, Co. Monaghan.
Phone number	047 51398.
Fax number	047 51398.
Email address	scoilchroironaofa@eircom.net
Opening hours	School Hours.
Catchment area	Clones and surrounding areas.
Aims	Peer support group for children suffering a loss through death or separation.
Counselling / support	Peer support.
Other services offered	Can offer contact with counselling service.
Costs	Free.

OFFALY



Name	ACCORD TULLAMORE
Address	St Brigid's Place, Tullamore, Co. Offaly.
Phone number	0506 41831.
Fax number	0506 51510.
Opening hours	Monday to Friday 9.30am – 4.30pm by appointment.
Catchment area	Offaly and parts of neighbouring counties
Aims	As a service agency ACCORD aims to promote a better understanding of Christian marriage and to help people initiate, sustain and enrich their marriage and family relationships.
Counselling / support	Marriage counselling, marriage preparation, domestic violence counselling, fertility counselling.
Other services offered	Post-marriage courses, schools and education work, personal development and marriage enrichment and psychosexual therapy.
Costs	Sliding scale. Marriage Preparation: €80 per couple.



Name	CLARA COMMUNITY AND FAMILY RESOURCE CENTRE
Address	Parochial Hall, River Street, Clara, Co. Offaly.
Phone number	0506 31928.
Fax number	0506 31937.
Email address	clarafrc@eircom.net
Opening hours	Monday to Friday 9.00am – 5.00pm
Catchment area	Clara and surrounding areas.
Aims	To facilitate, encourage and promote policies, activities and services aimed at improving the quality of life for all age groups.
Counselling / support	Marriage, child and bereavement counselling. Women in crisis and other counselling as required.
Other services offered	Parent and toddler group, active retirement, youth club, women's group, outreach services such as MABS, Citizen's Information and computer courses.
Costs	Donations welcome.

Name	KEDRON COUNSELLING & THERAPY CENTRE (Project of Dublin Counselling & Therapy Centre)
Address	St Mary's Road, Edenderry, Co. Offaly.
Phone number	046 973 3311.
Fax number	046 973 3315.
Website	http://homepage.eircom.ie/~kedron/
Email address	kedron@eircom.net
Opening hours	Monday 9.30am – 5.30pm.
Catchment area	Midlands, National and International.
Aims	To provide a professional counselling therapeutic service for those who are marginalised in the Community and to provide a residential therapeutic setting for those who require a more intensified treatment programme.
Counselling / support	Marriage counselling and bereavement counselling.
Other services offered	Counselling / psychotherapy for full range of personal difficulty and residential therapeutic programmes for those requiring more intensified treatment.
Costs	Free. Donations. Sliding Scale: €0 – €60 per hour. Fixed: €60 per hour.

Name	RAINBOWS EDENDERRY
Address	C/O St Mary's Primary School, Edenderry, Co. Offaly.
Phone number	046 973 1582.
Opening hours	School hours.
Catchment area	Pupils from St Mary's and Schools in the surrounding areas.
Aims	To help children between the ages of 6 –18 to cope with bereavement, divorce or separation in their family.
Counselling / support	Peer support.
Other services offered	Individual counselling where needed.
Costs	Free.

Name	RAINBOWS KEDRON, EDENDERRY
Address	Kedron Counselling Centre, St Mary's Road, Edenderry, Co. Offaly.
Phone number	046 973 3311.
Opening hours	Monday to Friday 9.00am – 5.00pm.
Catchment area	Edenderry and surrounding areas.
Aims	To offer support to children and adults who have experienced a loss through separation or death.
Counselling / support	Bereavement support. Individual counselling if necessary.
Costs	Free.

Name	RAINBOWS COLÁISTE CHOILM, TULLAMORE
Address	O'Moore Street, Tullamore, Co. Offaly.
Phone number	0506 51756.
Fax number	0506 41710.
Email address	cbstullamore.ias@eircom.net
Opening hours	Monday to Friday 8.55am – 3.35pm
Catchment area	Students of College only.
Aims	Support groups for adolescents who have experienced a death, divorce or separation in their family.
Counselling / support	Peer support.
Costs	Free.

Name	RAINBOWS TULLAMORE
Address	Mercy Convent, Tullamore, Co. Offaly.
Phone number	0506 21221 or 087 993 3239.
Opening hours	By appointment for group x 12 weeks.
Catchment area	Tullamore and surrounding areas.
Aims	Peer Support for children who suffer bereavement through death, separation or major loss in the family.
Counselling / support	Rainbows support.
Costs	Free.

Name	TULLAMORE BEREAVEMENT SUPPORT GROUP
Address	17 Chapel Street, Tullamore, Co. Offaly.
Phone number	0506 26604.
Opening hours	Monday to Friday 10.00am – 1.00pm and 6.00pm – 8.00pm.
Catchment area	Tullamore parish and surrounding areas.
Aims	To support persons who have experienced a loss of partner either through death or separation. Group support for partners and children of suicide victims.
Counselling / support	Bereavement counselling and support.
Other services offered	Suicide support group. Support on loss of partner through either death or separation. One-to-one listening service.
Costs	Donations welcome.

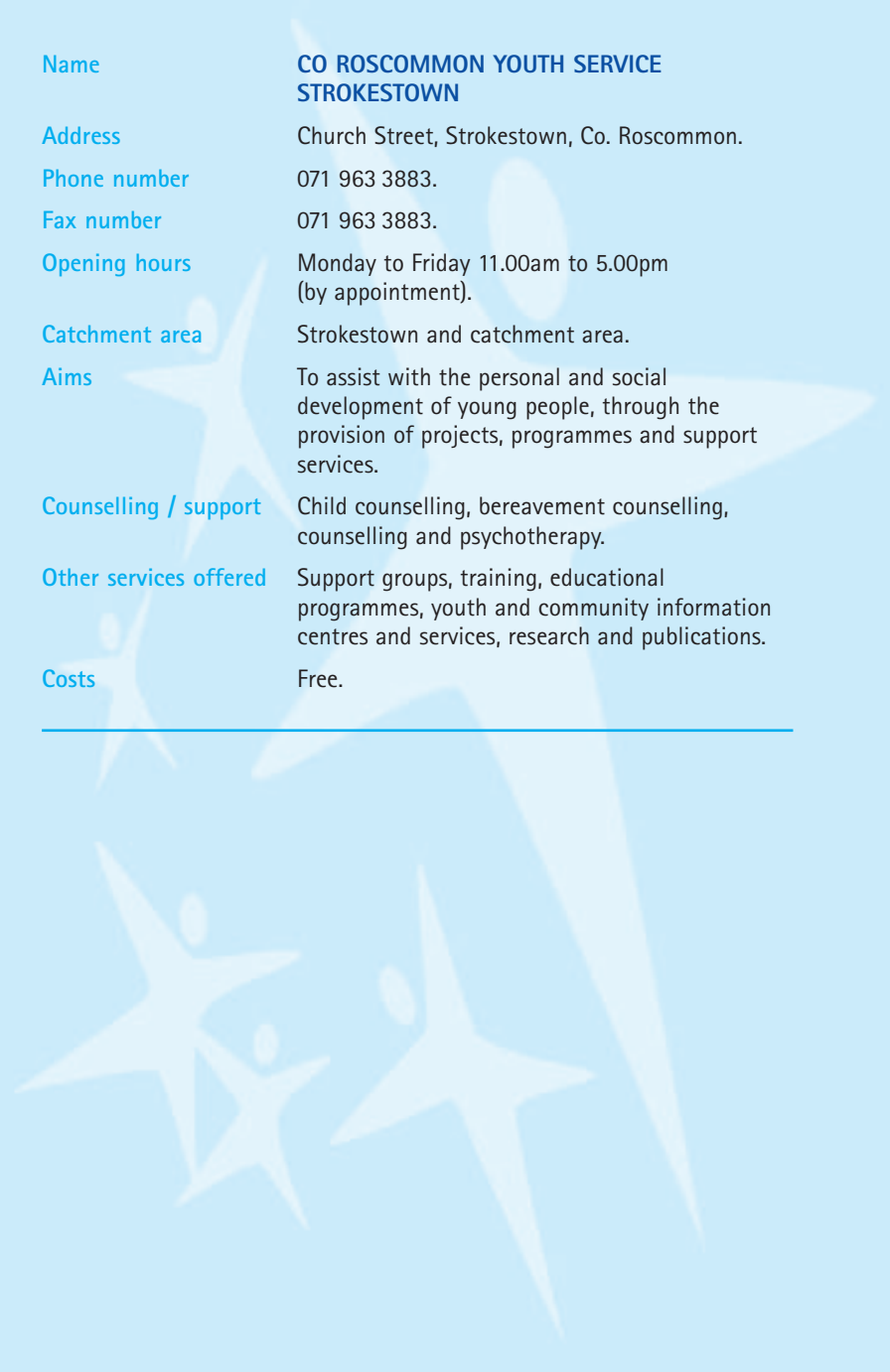
ROSCOMMON

Name	ACCORD ROSCOMMON
Address	St Coman's Club, Abbey Street, Roscommon.
Phone number	090 662 6619.
Opening hours	By appointment.
Catchment area	Mid and South Roscommon.
Aims	ACCORD Roscommon aims to promote a better understanding of Christian marriage and to help people sustain and enrich their marriage and family relationships.
Counselling / support	Marriage counselling and marriage preparation.
Costs	Counselling: by agreement with client. Marriage Preparation: €90 per couple.

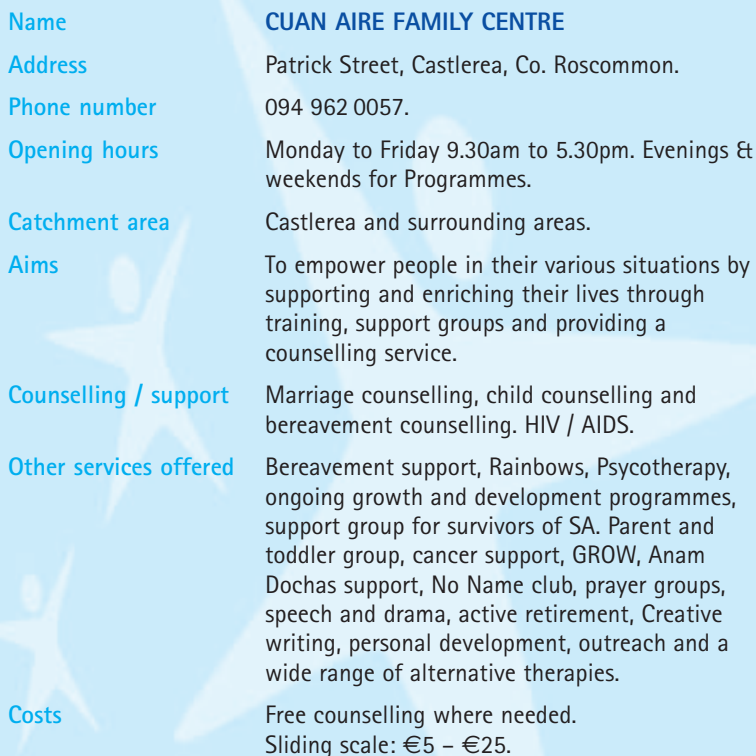
Name	CO ROSCOMMON YOUTH SERVICE BALLAGHADERREEN
Address	Cathedral Street, Ballaghaderreen, Co. Roscommon.
Phone number	094 986 1505.
Fax number	094 986 1505.
Opening hours	8.00am to 5.00pm (by appointment).
Catchment area	Ballaghaderreen and catchment area.
Aims	To assist with the personal and social development of young people, through the provision of projects, programmes and support services.
Counselling / support	Child counselling, bereavement counselling, counselling and psychotherapy.
Other services offered	Support groups, training, educational programmes, youth and community information centres and services, research and publications.
Costs	Free.

Name	CO ROSCOMMON YOUTH SERVICE CASTLEREA
Address	Barrack Street, Castlereia, Co. Roscommon.
Phone number	094 962 1136.
Fax number	094 962 1136.
Opening hours	Monday to Friday 10.00am – 5.00pm.
Catchment area	Castlereia and catchment area.
Aims	To assist with the personal and social development of young people, through the provision of projects, programmes and support services.
Counselling / support	Child counselling, bereavement counselling, counselling and psychotherapy by appointment.
Other services offered	Support, training, educational programmes, youth and community information centres and services, research and publications.
Costs	Free.

Name	CO ROSCOMMON YOUTH SERVICE ROSCOMMON
Address	Castle Street, Roscommon.
Phone number	090 662 5395.
Fax number	090 662 7398.
Opening hours	Monday to Friday 10.00am to 5.00pm.
Catchment area	Roscommon town and catchment area.
Aims	To assist with the personal and social development of young people, through the provision of projects, programmes and support services.
Counselling / support	Child counselling, bereavement counselling, counselling and psychotherapy.
Other services offered	Support, training, educational programmes, youth and community information centres and services, research and publications.
Costs	Free.



Name	CO ROSCOMMON YOUTH SERVICE STROKESTOWN
Address	Church Street, Strokestown, Co. Roscommon.
Phone number	071 963 3883.
Fax number	071 963 3883.
Opening hours	Monday to Friday 11.00am to 5.00pm (by appointment).
Catchment area	Strokestown and catchment area.
Aims	To assist with the personal and social development of young people, through the provision of projects, programmes and support services.
Counselling / support	Child counselling, bereavement counselling, counselling and psychotherapy.
Other services offered	Support groups, training, educational programmes, youth and community information centres and services, research and publications.
Costs	Free.

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Name	CUAN AIRE FAMILY CENTRE
Address	Patrick Street, Castlerea, Co. Roscommon.
Phone number	094 962 0057.
Opening hours	Monday to Friday 9.30am to 5.30pm. Evenings & weekends for Programmes.
Catchment area	Castlerea and surrounding areas.
Aims	To empower people in their various situations by supporting and enriching their lives through training, support groups and providing a counselling service.
Counselling / support	Marriage counselling, child counselling and bereavement counselling. HIV / AIDS.
Other services offered	Bereavement support, Rainbows, Psychotherapy, ongoing growth and development programmes, support group for survivors of SA. Parent and toddler group, cancer support, GROW, Anam Dochas support, No Name club, prayer groups, speech and drama, active retirement, Creative writing, personal development, outreach and a wide range of alternative therapies.
Costs	Free counselling where needed. Sliding scale: €5 – €25.



Name	THE FAMILY INSTITUTE
Address	Pound Street, Ballghaderreen, Co. Roscommon.
Phone number	094 986 1000.
Fax number	094 986 1000.
Opening hours	Monday to Friday 9.30am – 6.00pm. Some nights and weekends for courses.
Catchment area	Ballghaderreen and surrounding areas and counties.
Aims	To support and enrich family life in it's many forms, to provide counselling services for individuals, couples and families on all aspects of family relationships.
Counselling / support	Marriage counselling, marriage preparation, child counselling and bereavement counselling.
Other services offered	Family therapy, enrichment and skills training in marriage, parenting, bereavement, relationships within the family.
Costs	Sliding Scale: €10 – €40.

Name	FAMILY LIFE CENTRE BOYLE
Address	Knocknashee, Boyle, Co. Roscommon.
Phone number	071 966 3000.
Fax number	071 966 2954.
Email address	info@familylifecentre.ie
Website	www.familylifecentre.ie
Opening hours	Monday to Friday 9.00am – 5.00pm. Daytime, evenings and weekends for counselling programmes and workshops.
Catchment area	Roscommon and surrounding counties.
Aims	We aim to empower families in all their diverse situations. We offer training and support to families and individuals who are experiencing poverty and marginalisation in their lives and enable them to discover the needs in their communities and address them with confidence.
Counselling / support	Marriage and relationship counselling, marriage preparation, child counselling, and bereavement counselling.
Other services offered	Bereavement support, bereavement support for children, suicide support, growth groups and personal growth programmes, men's group for separated men, women's group, parent care and parent and toddler group, outreach counselling and support work.
Costs	Free counselling where needed. Sliding Scale €5 – €40 according to means.



Name	TEEN BETWEEN ROSCOMMON
Address	Castle Street, Roscommon.
Mobile number	086 818 1727.
Opening hours	By appointment.
Catchment area	Co Roscommon.
Aims	To provide a safe objective space which a young person can discuss the issues which arise for them from their parents separation.
Counselling / support	A support service for the adolescent children of separated or divorced parents.
Costs	Free.



Name	VITA HOUSE FAMILY CENTRE
Address	Abbey Street, Roscommon Town, Co. Roscommon.
Phone number	090 662 5898.
Fax number	090 662 5898.
Email address	vitahouse@eircom.net
Website	www.vitahouse.org
Opening hours	Monday to Friday 9.30am – 5.30pm. Counselling Monday and Wednesday evenings to 8.00pm. Evening workshops and programmes 7.00pm – 10.00pm. Workshops and training: some Saturdays 10.00am – 5.00pm.
Catchment area	Co. Roscommon and surrounding areas.
Aims	To be a welcoming place that contributes to the dignity of every person, enabling us all to discover our true potential by responding to each other's needs in partnership with families and community.
Counselling / support	Marriage and family counselling, child and teenage counselling, bereavement, loss and separation counselling. Family mediation service for separating couples.
Other services offered	Personal and family enrichment programmes and workshops. Educational programmes, eg. parenting, stress management. Seminars on family related topics and various holistic therapies.
Costs	Free / Sliding scale where appropriate. Support groups are free.

SLIGO



Name	ACCORD SLIGO
Address	1st Floor, Social Service Centre, Charles Street, Sligo.
Phone number	071 914 5641. LoCall for counselling appointments: 1850 201 878.
Fax number	071 914 5641.
Opening hours	Monday and Tuesday 10.00am – 1.00pm and 2.00pm – 4.00pm. Wednesday, Thursday and Friday 10.00am – 2.00pm.
Catchment area	Sligo and surrounding counties.
Aims	To help couples initiate, sustain and enrich their relationships.
Counselling / support	Marriage counselling, marriage preparation.
Other services offered	Marriage enrichment courses for couples and a fertility awareness and well-being service which includes a natural family planning service.
Costs	All charges are based on ability to pay.

Name	BALLYMOTE FAMILY RESOURCE CENTRE
Address	Wolfe Tone Street, Ballymote, Co. Sligo.
Phone number	071 918 9876.
Fax number	071 918 9877.
Email address	ballymotefrc@eircom.net
Website	www.frcnf.com/ballymote/
Opening hours	Monday to Friday 9.00am – 5.00pm.
Catchment area	Ballymote and surrounding areas.
Aims	To offer everybody, particularly those who experience disadvantage and marginalisation the opportunity to improve the functioning of the family unit and ultimately to fully realise their own potential through total involvement in the work and programmes of the Centre. The emphasis is placed on active participation at all levels and inter-relationship between all groups using the Centre.
Counselling / support	Bereavement counselling, Child counselling.
Other services offered	Information and supports for all members of the family, parenting programmes, child development programmes, personal development, women's group, parent and toddler group, active retirement group.
Costs	Free.

Name	BEGINNING EXPERIENCE (WEST OF IRELAND)
Address	C/O Family Life Centre, St Michael's, Church Hill, Sligo.
Phone number	071 917 0329.
Catchment area	Leitrim, Sligo, Donegal.
Aims	To offer support in a structural way to people who have lost a spouse through separation, divorce or death.
Counselling / support	Bereavement Support.
Other services offered	Weekend structural programme.
Costs	Donations welcome.

Name	NORTH CONNAUGHT YOUTH AND COMMUNITY SERVICE
Address	5A Market Street, Sligo.
Phone number	071 914 4150 or 071 914 7468.
Fax number	071 914 5578.
Email address	yigsligo@eircom.net
Opening hours	Monday to Friday 9.00am – 5.00pm.
Catchment area	Co Sligo and surrounding counties.
Aims	To affirm the importance of young people and support them and those who work with them through the provision of services in their communities.
Counselling / support	Teen between, listening, advice, support for young people experiencing difficulties as a result of parents separation or divorce.
Other services offered	Information service / secretarial.
Costs	Free.



Name	NORTH WEST HOSPICE
Address	P.O. Box 294, Sligo.
Phone number	071 914 3317.
Fax number	071 914 3255.
Email address	nwhosp@iol.ie
Opening hours	Contactable all times.
Catchment area	Sligo, Leitrim, south Donegal, west Cavan, portion of north Roscommon.
Aims	To help have available the complete range of specialist services for persons and families dealing with the prognosis of advanced cancer / advanced illness when they need them.
Counselling / support	Specialist bereavement counselling, pre and post bereavement for patients, adults and children.
Costs	Free.

Name	SLIGO SOCIAL SERVICE COUNCIL LTD
Address	Charles Street, Sligo.
Phone number	071 914 5682 (6 lines).
Fax number	071 914 5933.
Email address	sligosocialservices@eircom.net
Opening hours	Monday to Friday 9.30am – 5.30pm.
Catchment area	Sligo city and surrounding areas.
Aims	To provide a wide range of personal and community services to individuals, families and communities on both a professional and voluntary basis.
Counselling / support	Counselling and psychotherapy is available in relation to a range of issues including relationship difficulties, marital separation, domestic abuse, addiction, co-dependency, disabilities, bereavement and other losses.
Other services offered	Social work, group work programme, meals on wheels, accommodation service, home management advice service, pre school. FÁS schemes, thrift shops and community development support.
Costs	Minimal charge for some of the above services.

Name	ST. MICHAEL'S FAMILY LIFE CENTRE
Address	Church Hill, Sligo.
Phone number	071 917 0329.
Opening hours	Monday to Friday 9.30am – 4.00pm. Counselling available up to 10.30pm.
Catchment area	Sligo and surrounding counties.
Aims	To enable couples, individuals and families improve the quality of their lives and relationships and to offer help in times of crisis.
Counselling / support	Couples, individuals and families.
Other services offered	A range of educational services related to marriage and family.
Costs	Donation.

TIPPERARY

Name	ACCORD CLONMEL
Address	St Mary's Pastoral Centre, Irishtown, Clonmel, Co. Tipperary.
Phone number	052 24144.
Opening hours	Monday to Friday 10.00am – 12.30pm.
Catchment area	Tipperary, Waterford, south Kilkenny.
Aims	To help people initiate, sustain and enrich their relationships. To support people who are experiencing difficulties in their relationship.
Counselling / support	Marriage counselling, marriage preparation.
Costs	Sliding scale based on income. Marriage preparation: €100 per couple.

Name	ACCORD NENAGH
Address	Loreto House, Kenyon Street, Nenagh, Co. Tipperary.
Phone number	1850 585 000.
Opening hours	Monday to Friday 9.30am – 2.30pm.
Catchment area	North Tipperary / South Offaly.
Aims	To provide preparation for marriage for engaged couples. To facilitate through counselling, married couples experiencing difficulties.
Counselling / support	Marriage counselling.
Other services offered	Marriage preparation. Fertility counselling.
Costs	Counselling service: free – donations welcome. Marriage preparation: €100 per couple.

Name	ACCORD THURLES
Address	Accord House, Cathedral Street, Thurles, Co. Tipperary.
Phone number	0504 22279 or 1850 303 202.
Opening hours	Monday to Friday 10am – 1pm and 2.30pm – 4.30pm. 24 hour confidential answering service to arrange appointments.
Catchment area	Mid Tipperary.
Email address	accordtipthurles@eircom.net
Website	www.accord.ie
Aims	Preparation for marriage, sustaining and enriching good marriages. Counselling for people with relationship difficulties.
Counselling / support	Marriage / relationship counselling, marriage preparation, marriage enrichment.
Other services offered	Psychosexual counselling.
Costs	Counselling: income related contribution. Marriage preparation courses: €100 per couple policy.

Name	ACCORD TIPPERARY
Address	Community Services Centre, St Michael Street, Tipperary.
Phone number	062 33330 or 1850 303 202. (24 hour confidential answering service).
Opening hours	Monday to Friday 10.00am – 1.00pm.
Catchment area	Tipperary, Limerick, Waterford.
Aims	To provide a counselling service and a caring service. To help people in their relationships on a voluntary basis.
Counselling / support	Marriage counselling, marriage preparation.
Other services offered	Marriage enrichment, fertility counselling, family planning plus schools visitation service.
Costs	Marriage preparation €100 per couple. Counselling: Sliding scale. Free to medical card holders and those who cannot afford to pay.

Name	BANSHA / KILMOYLER BEREAVEMENT GROUP
Address	Rossadrehid, Co. Tipperary.
Phone number	062 54267.
Email address	maureenquirke@eircom.net
Opening hours	As per arrangement.
Catchment area	Bansha, Kilmoyler.
Aims	Support to the bereaved of the parish.
Counselling / support	Bereavement support.
Costs	Free.

Name	CENTRE FOR PASTORAL COUNSELLING AND PSYCHOTHERAPY
Address	New Inn, Cashel, Co. Tipperary.
Phone number	052 62366.
Fax number	052 62366.
Opening hours	Monday to Friday 10.30am – 6.00pm and 7.00pm – 9.00pm.
Catchment area	Waterford, Tipperary, Limerick.
Aims	To provide counselling services at no cost.
Counselling / support	Family counselling, marriage and bereavement counselling, consultancy services to counsellors.
Other services offered	Suicide counselling for families, depression.
Costs	Free service if necessary.

Name	KNOCKANRAWLEY RESOURCE CENTRE
Address	Tipperary Town, Co. Tipperary.
Phone number	062 52688.
Fax number	062 52206.
Email address	knockanrawley@eircom.net
Website	www.knockanrawley.ie
Opening hours	Monday to Friday 9.00am – 5.00pm.
Catchment area	South Tipperary.
Aims	To provide counselling / therapy or mediation for individuals, couples, families, children. To be a resource to individuals, couples, families and children and for people to address their problems in an atmosphere of support and understanding.
Counselling / support	Marriage counselling, child counselling, bereavement counselling, couple counselling.
Other services offered	Individual psychotherapy, family therapy, mediation for couples and families, rainbows programme, complimentary therapies for physical problems.
Costs	Sliding Scale.

Name	NENAGH BEREAVEMENT SUPPORT GROUP
Address	C/O Loreto House, Kenyon Street, Nenagh, Co. Tipperary.
Phone number	067 31800.
Opening hours	Monday to Friday 9.30am – 4.00pm (ring for appointment).
Catchment area	Nenagh and surrounding Parishes.
Aims	To support the bereaved after the death of a loved one and to help them work through their grief.
Other services offered	Bereavement support.
Costs	Free.

Name	RAINBOWS BORRISOKANE
Address	Borrisokane Community College, Borrisokane, Co. Tipperary.
Phone number	067 27268.
Fax number	067 27525.
Opening hours	School hours.
Catchment area	Borrisokane and surrounding areas.
Aims	To assist young people in the grief process and the acceptance of change in their lives from bereavement, or family separation.
Counselling / support	Peer support for 6 -18 year olds.
Costs	Free.

Name	RAINBOWS CLONMEL (OUTREACH)
Address	11 Nelson Street, Clonmel, Co. Tipperary.
Phone number	087 633 6617.
Opening hours	5.00pm – 7.00pm.
Catchment area	Clonmel and surrounding areas.
Aims	To provide peer support for children and adolescents who are grieving a death, separation, desertion, divorce or any other painful transition in their family.
Counselling / support	Peer support.
Costs	Free.

Name	RAINBOWS NENAGH
Address	C/O Loreto House, Kenyon Street, Nenagh, Co. Tipperary.
Phone number	067 31800.
Opening hours	Monday to Friday 9.30am – 4.00pm (ring for appointment).
Catchment area	Nenagh.
Aims	To provide peer support groups for children and adults who have experienced a death, separation, divorce.
Counselling / support	Rainbows support through peer group.
Costs	Free.

Name	RAINBOWS THURLES
Address	Stanwix House, Thurles, Co. Tipperary.
Phone number	0504 22320.
Opening hours	Evenings.
Catchment area	Thurles and surrounding areas.
Aims	To support children who are experiencing a loss in their lives through death, divorce or separation.
Counselling / support	Bereavement support.
Other services offered	Professional counselling when necessary.
Costs	Free.

Name	SPAFIELD FAMILY RESOURCE CENTRE
Address	Spafield Crescent, Cashel, Co. Tipperary.
Phone number	062 63622.
Fax number	062 63622.
Email address	sfrc@iolfree.ie
Opening hours	Monday to Friday 9.00am – 10.00pm.
Catchment area	Cashel and surrounding areas.
Aims	To work with families and individuals in an inclusive and developmental way and to develop and implement a 3 year programme of work to address the identified needs of the community.
Counselling / support	Marriage, child and bereavement counselling. General and addiction counselling.
Other services offered	Pre-school, creche, after-school, parent & toddler, I.T training, adult education, community development programmes, supporting other community groups.
Costs	Donations welcome.

Name	ST MARY'S BEREAVEMENT SUPPORT GROUP
Address	Pastoral Centre, Irishtown, Clonmel, Co. Tipperary.
Phone number	052 22773.
Opening hours	Monday to Friday 10.00am – 3.00pm.
Catchment area	Clonmel.
Aims	To provide support to the bereaved.
Counselling / support	Bereavement support.
Costs	Free.

Name	ST NICHOLAS & FAUGHEEN BEREAVEMENT COUNSELLING
Address	C/O 28 Pearse Square, Carrick-on-Suir, Co. Tipperary.
Phone number	051 640 080 or 087 240 1816.
Fax number	051 642 619.
Opening hours	Available at all times through phone number.
Catchment area	Carrick-on-Suir and surrounding areas.
Aims	To offer counselling, support in time of bereavement.
Counselling / support	Bereavement counselling and support. Home visits if required.
Costs	Free.

Name	ST OLIVER'S BEREAVEMENT SUPPORT GROUP
Address	C/O Parish Office, Cooleens, Glenconnor, Clonmel, Co. Tipperary.
Phone number	052 25679.
Catchment area	Clonmel and surrounding areas.
Aims	To provide a confidential listening service to anyone who has experienced loss in their lives.
Counselling / support	Bereavement support.
Costs	Free.

Name	S.U.A.S (Suicide Understanding and Support).
Address	C/O Caragh, Brittas Road, Thurles, Co. Tipperary.
Phone number	0504 26366.
Opening hours	24 hour service.
Catchment area	Diocese of Cashel and Emly and general Tipperary area.
Aims	To provide a listening service for those bereaved by suicide.
Counselling / support	Bereavement support.
Other services offered	One-to-one listening service. Referral and information.
Costs	Free.

Name	SUIRSIDE CONVERSATIONS
Address	4 Chapel Street, Carrick-on-Suir, Co. Tipperary.
Phone number	051 641 346.
Opening hours	Monday to Friday 10.00am – 5.00pm (evenings if requested).
Catchment area	Carrick-on-Suir and surrounding areas.
Aims	To provide professional counselling / therapy for families, couples and individuals especially those on low incomes.
Counselling / support	Marriage, child and bereavement counselling.
Costs	Free and sliding scale €5 – €40.

Name	THURLES BEREAVEMENT SUPPORT GROUP
Address	Stanwix House, Thurles, Co. Tipperary.
Phone number	0504 22320.
Opening hours	Evenings.
Catchment area	Thurles and surrounding areas.
Aims	To support and counsel bereaved individuals and families.
Counselling / support	Bereavement support.
Other services offered	Professional counselling when necessary.
Costs	Free.

WATERFORD

Name	ACCORD WATERFORD
Address	St John's Pastoral Centre, John's Hill, Waterford.
Phone number	051 878 333.
Fax number	051 843 107.
Opening hours	Monday to Friday 9.00am – 12.30pm.
Catchment area	Waterford and surrounding counties.
Aims	To promote and initiate a better understanding of Christian marriage.
Counselling / support	Marriage counselling, marriage preparation.
Other services offered	Marriage enrichment courses.
Costs	Marriage counselling: sliding Scale (based on client's means). Marriage preparation: €80 – €100 per couple.

Name	FAMILY MINISTRY BEREAVEMENT SUPPORT
Address	St John's Pastoral Centre, John's Hill, Waterford.
Phone number	051 858 772.
Fax number	051 843 107.
Catchment area	Waterford and South Tipperary.
Aims	We aim to provide a safe environment where bereaved persons are given the space and support they require either on an individual or group support basis to grieve their loss. A support group for those bereaved by suicide is also available.
Counselling / support	Bereavement counselling.
Costs	Negotiable on the basis of financial circumstances. Donations always welcome.

Name	THE MEN'S DEVELOPMENT NETWORK
Address	30 O'Connell Street, Waterford.
Phone number	051 844 260.
Fax number	051 855 264.
Website	www.mens-network.net
Email address	mens@mens-network.net
Opening hours	Monday to Friday 9.00am to 5.00pm.
Catchment area	Waterford, Wexford, Carlow, Kilkenny and South Tipperary.
Aims	To provide general counselling and support for men who experience relationship difficulties and significant loss in their lives through bereavement, marriage break-up, unemployment, etc.
Counselling / support	One-to-one general counselling and group support.
Other services offered	Men's health programme, domestic violence intervention programmes and men's development groups.
Costs	Free.

Name	RAINBOWS BALLYBEG
Address	St Saviour's National School, Ballybeg, Waterford.
Phone number	051 372 621.
Fax number	051 372 621.
Email address	stsavioursns.ias@eircom.net
Opening hours	School hours.
Catchment area	Ballybeg and Parish of St Saviour's.
Aims	To provide support for pupils in a school with designated disadvantage status.
Counselling / support	Peer support programme with adult facilitators to assist children grieving a death, separation or other painful transition.
Costs	Free.

Name	RAINBOWS WATERFORD
Address	Our Lady of Mercy Primary School, Military Rd., Waterford.
Phone number	051 875 993.
Fax number	051 875 993.
Opening hours	School hours.
Aims	To provide peer support to children who have suffered loss by death, separation and divorce.
Counselling / support	Rainbows support.
Costs	Free.

Name	RAINBOWS WATERFORD (OUTREACH)
Address	St Brigid's Family Centre, 37 Lower Yellow Road, Waterford.
Phone number	051 375 261.
Fax number	051 353 249.
Email address	stbrigidsfcc@eircom.net
Opening hours	Rainbows Wednesday 7.00pm – 8.00pm (Centre: Monday to Friday 9.00am – 10.00pm).
Catchment area	Waterford City, County and south Kilkenny.
Aims	To enable children who are experiencing grief through death or parental separation to work through issues in the company of other children with similar experiences. Group facilitated by trained personnel.
Counselling / support	Support.
Other services offered	Teen Between service (one-to-one basis for teens experiencing problems through parental separation).
Costs	Free.

Name	ST BRIGID'S FAMILY & COMMUNITY CENTRE
Address	37 Lower Yellow Road, Waterford.
Phone number	051 375 261.
Fax number	051 353 249.
Opening hours	Monday to Friday 9.00am – 5.00pm.
Email address	stbrigidsfcc@eircom.net
Website	www.stbrigidsfrc.com
Catchment area	Waterford and surrounding areas.
Aims	To provide information, counselling and family services to the disadvantaged in Waterford. To support couples and children who are experiencing relationship difficulties or parenting issues related to marital problems.
Counselling / support	Marriage counselling, teen and child counselling, play therapy and Rainbows.
Other services offered	C.I.C. information services, self development groups, general counselling for adults individual and group services for children.
Costs	Free.

Name	ST JOSEPH'S, ST BENILDUS & ST MARY'S BEREAVEMENT SUPPORT GROUP
Address	C/O Parish Centre, Newtown, Waterford.
Phone number	051 874038.
Opening hours	2nd Wednesday of each month 8.00pm – 9.00pm.
Catchment area	Waterford and surrounding areas.
Aims	To give support to people who are bereaved.
Counselling / support	Bereavement support. Home visits also available.
Costs	Free.

Name	TALK IT OVER (WATERFORD)
Address	C/O St Otteran's Hospital, John's Hill, Waterford.
Phone number	051 848 640 or LoCall number: 1850 201 249 (Southeast area only).
Opening hours	Contact service.
Catchment area	Waterford and south Kilkenny.
Aims	To offer a support service to those who have been directly affected by suicide of a family member or friend.
Counselling / support	One-to-one support or group support.
Costs	Free.

Name	W.E.S.L.I.N
Address	C/O Our Lady of Mercy Primary School, Military Road, Waterford.
Phone number	051 875 993.
Fax number	051 875 993.
Opening hours	Monday to Friday 8.50am – 2.30pm.
Catchment area	Waterford City.
Aims	To facilitate co-operative and integrated approach to early school leaving, to build on and enhance work of schools and community based groups.
Counselling / support	Child support involving some play therapy.
Other services offered	Learning support, community based education, H.S.C. project.
Costs	Free.

WESTMEATH

Name	ACCORD ATHLONE
Address	"Alverna", Northgate Street, Athlone, Co. Westmeath.
Phone number	090 647 5491.
Opening hours	For appointments 10.00am – 1.00pm (Monday to Friday).
Catchment area	All Midlands.
Aims	To help couples initiate, sustain and enrich their relationships and to support people who are experiencing difficulties in their relationships.
Counselling / support	Marriage counselling, marriage preparation.
Other services offered	Fertility and family planning counselling.
Costs	Counselling: according to means. Marriage preparation: €100.

Name	ACCORD MULLINGAR
Address	Social Services Centre, Bishopsgate Street, Mullingar, Co. Westmeath.
Phone number	044 924 8707.
Opening hours	Monday to Friday 9.30am – 1.30pm (answering machine after hours).
Catchment area	Westmeath.
Aims	To help people prepare for and to sustain good marriage, and to help them when their relationships undergo stress.
Counselling / support	Marriage counselling, marriage preparation.
Other services offered	Marriage enrichment.
Costs	Marriage counselling: donations. Marriage preparation: €125.

Name	ATHLONE COMMUNITY SERVICES COUNCIL
Address	Dr Dobbs Memorial Home, Northgate Street, Athlone, Co. Westmeath.
Phone number	090 647 2174.
Fax number	090 647 6015.
Opening hours	Monday to Friday 9.00am – 5.00pm.
Catchment area	H.S.E. Midlands area.
Aims	To provide counselling to those experiencing domestic violence in any form which puts the safety or wellbeing of a family member at risk.
Other services offered	Counselling to women who experience violence in the home. Counselling to children in relation to parental separation.
Costs	Free.

Name	BETHANY ST CAMILLUS BEREAVEMENT SUPPORT GROUP
Address	St Camillus Nursing Centre, Riverstown, Killucan, Co. Westmeath.
Phone number	044 74196.
Opening hours	As required.
Catchment area	Killucan and surrounding areas.
Aims	To support the bereaved, to organise meetings, talks and Masses in support of the bereaved. Counselling available if required.
Counselling / support	Bereavement Support.
Costs	Free.

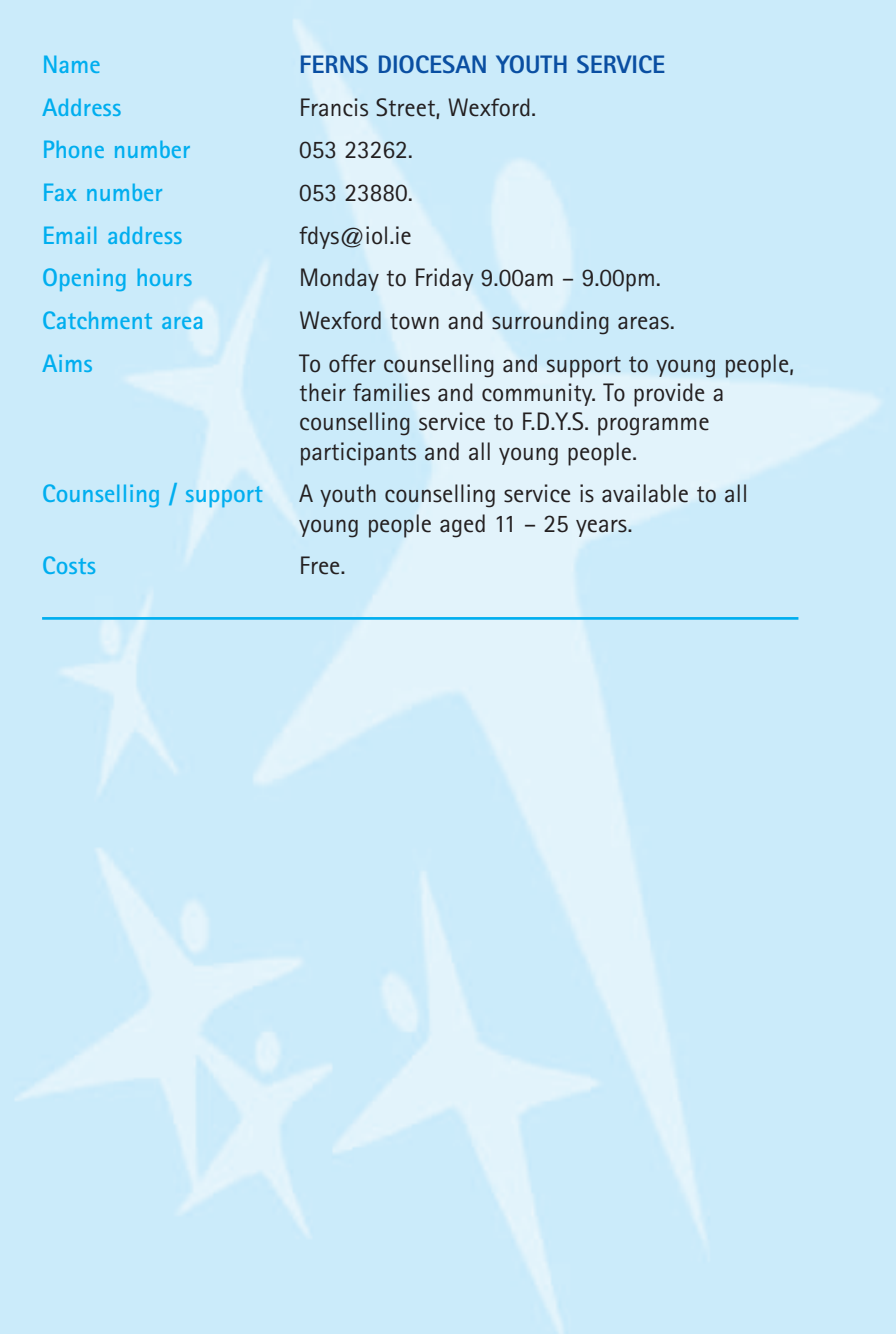
Name	COUNSELLING SERVICES
Address	Convent of Mercy, Rochfortbridge, Co. Westmeath.
Phone number	087 921 9525.
Fax number	044 22786.
Email address	mildredlynam@eircom.com
Opening hours	By appointment.
Catchment area	Westmeath, Meath, Offaly.
Aims	To provide humanistic, integrative, person-centred counselling.
Counselling / support	Marriage, child and bereavement counselling.
Costs	Negotiable.

Name	NEW BEGINNINGS COUNSELLING LTD.
Address	Baskin High, Drumraney, Athlone, Co. Westmeath.
Phone number	044 56600.
Website	www.newbeginnings.ie
Email address	newbeginnings@eircom.net
Opening hours	Monday to Friday 9.30am – 9.00pm.
Catchment area	Athlone, Longford, Tullamore and Mullingar.
Aims	To assist individuals, couples and groups in resolving conflict and restoring harmony so that they grow towards wholeness of life. This is done by means of counselling, education and training.
Counselling / support	Bereavement counselling, couple counselling / relationship, sexual abuse, stress, anxiety, self-esteem issues and sexuality.
Other services offered	Workshops and training in self-esteem, personal development, inner-child, meditation, etc.
Costs	Sliding scale.

WEXFORD

Name	BRIDGETOWN SCHOOL COMPLETION PROGRAMME
Address	Bridgetown Vocational College, Bridgetown, Co. Wexford.
Phone number	053 35053 and 086 171 2011.
Fax number	053 35257.
Email address	annescp@eircom.net
Opening hours	Monday to Friday 9.00am – 5.00pm.
Catchment area	Bridgetown and surrounding areas.
Aims	To retain young people in the formal education system to completion of the senior cycle or equivalent.
Counselling / support	Child counselling, bereavement support, loss, separation, Rainbows groups.
Other services offered	Mentoring, youth projects, summer camps, social skills groups, parenting, etc.
Costs	Free.

Name	FAMILY LIFE SERVICE
Address	St Bridget's Centre, Roches Road, Wexford.
Phone number	053 23086.
Fax number	053 23125.
Email address	flswexford@eircom.net
Opening hours	Monday to Friday 10.00am – 1.00pm and by appointment.
Catchment area	Co Wexford and environs.
Aims	To provide a professional counselling service.
Counselling / support	Marriage and relationship counselling (ACCORD), bereavement counselling and support, general counselling.
Other services offered	Cura Helpline.
Costs	Free.



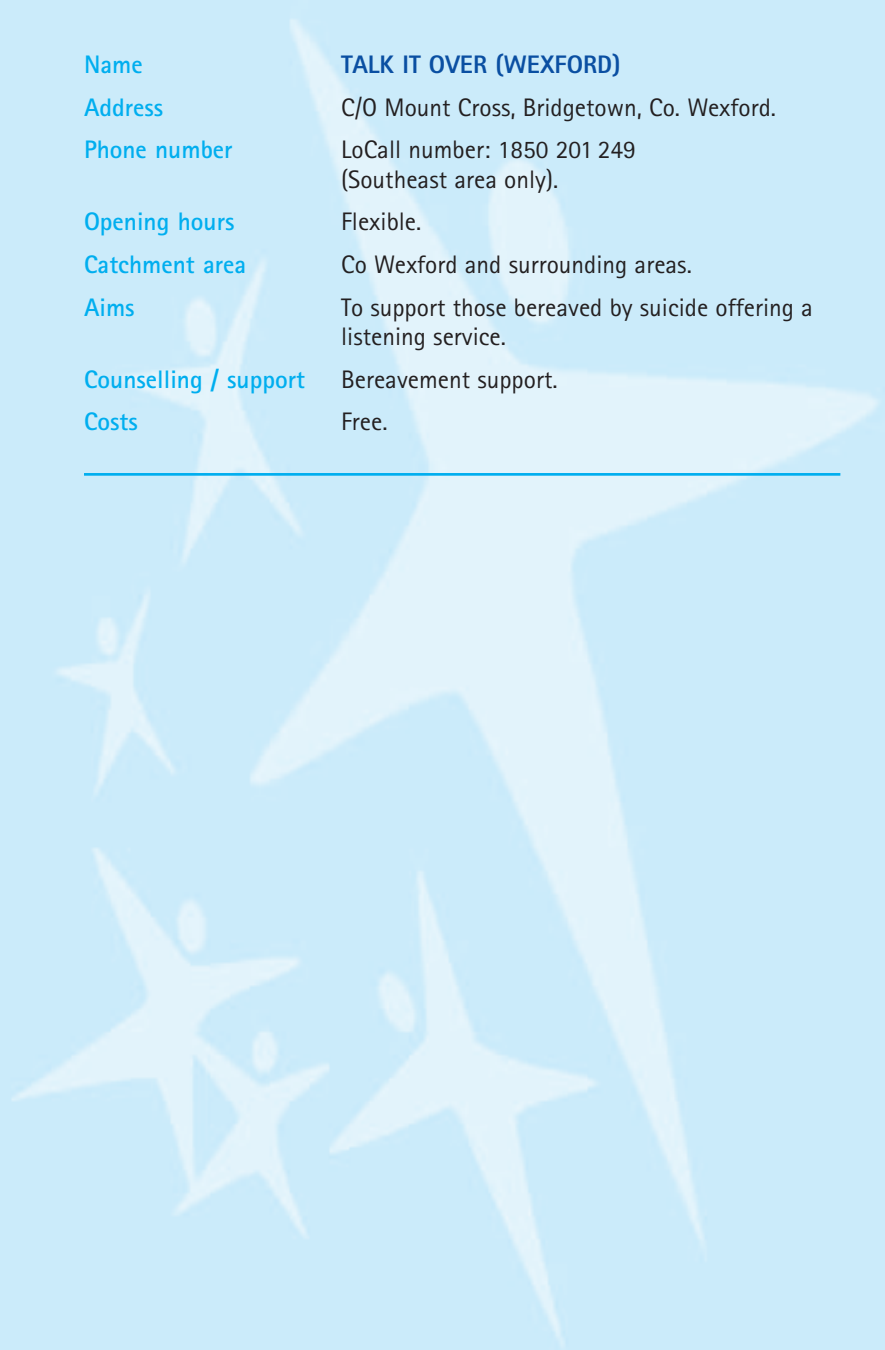
Name	FERNS DIOCESAN YOUTH SERVICE
Address	Francis Street, Wexford.
Phone number	053 23262.
Fax number	053 23880.
Email address	fdys@iol.ie
Opening hours	Monday to Friday 9.00am – 9.00pm.
Catchment area	Wexford town and surrounding areas.
Aims	To offer counselling and support to young people, their families and community. To provide a counselling service to F.D.Y.S. programme participants and all young people.
Counselling / support	A youth counselling service is available to all young people aged 11 – 25 years.
Costs	Free.

Name	GOREY YOUTH NEEDS GROUP
Address	Woodstock Hall, Lower Esmonde Street, Gorey, Co. Wexford.
Phone number	055 22611.
Fax number	055 22832.
Email address	info@goreyyouthneedsgroup.com
Website	www.goreyyouthneedsgroup.com
Opening hours	Monday to Thursday 9.30am – 5.30pm. Friday to 7.00pm.
Catchment area	Gorey town and North Co. Wexford environs.
Aims	To support and empower young people and their families particularly those who are or who may be at risk of experiencing social exclusion.
Counselling / support	Support group for parents facilitated by Psychotherapist mainly exploring family issues. Funds available to refer children for individual counselling.
Other services offered	Daily after school drop-in for youth, weekly after-school groups for primary schools, parent and toddler group, young mother's group and women's development group.
Costs	Free.

Name	RAINBOWS CLONARD
Address	Clonard Pastoral Centre, Clonard Road, Wexford.
Phone number	053 23672.
Fax number	053 22003.
Opening hours	Monday to Friday 10.00am – 5.00pm.
Catchment area	Clonard Parish.
Aims	A peer support programme to assist children, who are grieving a death, separation or other painful transition in the family.
Counselling / support	Bereavement support (not a counselling service).
Costs	Free.

Name	RAINBOWS DRINAGH
Address	Piercestown National School, Drinagh, Co. Wexford.
Phone number	053 58854.
Fax number	053 58854.
Email address	piercestownns@eircom.net
Opening hours	School hours.
Catchment area	Piercestown and surrounding areas.
Aims	To support children through any loss or grief they are experiencing, eg: death, separation and loss issues.
Counselling / support	Peer support.
Costs	Free.

Name	ST LOUIS DAY CARE CENTRE
Address	Ramsgrange, New Ross, Co. Wexford.
Phone number	051 389 509 / 051 562 214 or 087 412 5145 (after office hours).
Fax number	051 389 509.
Opening hours	Monday to Friday 10.00am – 4.00pm.
Catchment area	Ramsgrange and surrounding areas.
Aims	To cater for the bereavement and child counselling needs in this rural area.
Counselling / support	Child counselling In relation to parental separation. Bereavement counselling and support on the death of a family member.
Costs	Free.



Name	TALK IT OVER (WEXFORD)
Address	C/O Mount Cross, Bridgetown, Co. Wexford.
Phone number	LoCall number: 1850 201 249 (Southeast area only).
Opening hours	Flexible.
Catchment area	Co Wexford and surrounding areas.
Aims	To support those bereaved by suicide offering a listening service.
Counselling / support	Bereavement support.
Costs	Free.

WICKLOW

Name	ACCORD BRAY
Address	The Old Presbytery, Herbert Road, Bray, Co. Wicklow.
Phone number	01 286 7712.
Email address	bray@dublin.accord.ie
Website	www.accord.ie
Opening hours	Monday to Wednesday 9.00am – 2.00pm. Thursday 9.00am – 6.00pm.
Catchment area	Co. Wicklow.
Aims	To promote a better understanding of Christian marriage. To support people experiencing marriage / relationship difficulties.
Counselling / support	Marriage, relationship counselling.
Costs	Donations welcome.

Name	BETHANY BLESSINGTON BEREAVEMENT SUPPORT GROUP
Address	C/O Meeting Room, Our Lady's Church, Blessington, Co. Wicklow.
Phone number	045 865 132.
Opening hours	2 meetings available per month (1 morning and 1 evening).
Catchment area	Blessington parish (including Crosschapel and Manor Kilbride).
Aims	Support for any loss and especially those bereaved.
Counselling / support	Bereavement support.
Costs	Free.

Name	BETHANY BRAY BEREAVEMENT SUPPORT GROUP
Address	C/O Holy Redeemer Parish, Herbert Road, Bray, Co. Wicklow.
Phone number	01 286 0950.
Opening hours	Always available.
Catchment area	Bray and surrounding areas.
Aims	To help and support the bereaved.
Counselling / support	Bereavement support including home visits if required.
Other services offered	Support on anniversaries and helpful reading material.
Costs	Free.

Name	BETHANY WICKLOW / ASHFORD SUPPORT GROUP
Address	C/O St Dominic's, St Manntan's Road, Wicklow Town.
Phone number	0404 67148.
Opening hours	By appointment.
Catchment area	Wicklow, Ashford and surrounding areas.
Aims	To support and empathise with the bereaved throughout their journey of grief especially those most distressed.
Counselling / support	Bereavement support.
Costs	Free.

Name	BRAY CANCER SUPPORT AND INFORMATION CENTRE
Address	36B Main Street, Bray, Co. Wicklow.
Phone number	01 286 6966.
Website	www.braycancersupport.ie
Email address	bcsc@iol.ie
Opening hours	Monday to Friday 10.00am – 4.00pm.
Catchment area	Wicklow, Dublin.
Aims	To offer emotional support and practical help to people who have or had cancer and their families and friends.
Counselling / support	Child counselling, bereavement counselling, support groups.
Other services offered	Daily drop-in centre, relaxation and stress management classes, social support and entitlements, respite care, social outings.
Costs	Free. Donations welcome.

Name	BRAY SUICIDE SUPPORT GROUP
Address	Holy Redeemer Parish Centre, Herbert Road, Bray, Co. Wicklow.
Phone number	01 286 8413.
Opening hours	1st Monday of each month 8.00pm – 10.00pm.
Catchment area	North Wicklow, South Dublin.
Aims	To support families bereaved by suicide, to help families come to terms with their loss and to help people work through the grieving process.
Counselling / support	Bereavement support.
Costs	Free.

Name	CARI FOUNDATION WICKLOW
Address	Wicklow Child & Family Centre, The Mall, Wicklow Town.
Phone number	01 830 8529 (National Lo-call Helpline: 1890 924 567).
Fax number	01 830 6309.
Email address	info@cari.ie
Website	www.cari.ie
Opening hours	Mondays.
Catchment area	Wicklow and surrounding areas.
Aims	CARI's primary aim is to provide professional, child centred support and long-term therapy and young people who have experienced child sexual abuse. We also provide support, counselling and therapy to non-abusing family members / carers or groups affected by child sexual abuse.
Counselling / support	Child, marriage and bereavement counselling, group work, crisis counselling, advice appointments, support services and therapy for children and their non-abusing family members as appropriate. Individual therapy and art / play / sand therapy for children and young people affected by child sexual abuse.
Other services offered	Lo-call Helpline 1890 924567 providing advice and information for anyone who has concerns about child sexual abuse or child protection issues. Preventative education for young people / schools. Awareness programmes for professional and groups. Training and consultancy to professional and groups.
Costs	CARI aims to provide our services to anyone who needs them regardless of their means. As such, we suggest a nominal fee where appropriate but this is negotiable and donations are always welcome.

Name	GREYSTONES CANCER SUPPORT
Address	La Touche Place, Greystones, Co. Wicklow.
Phone number	01 287 1601.
Fax number	01 287 1601.
Opening hours	Monday to Friday 9.00am – 1.00pm or by appointment.
Email address	greystonescancersupport@eircom.net
Catchment area	Greystones and surrounding areas.
Aims	To provide guidance, encouragement and support to cancer patients, their families and their friends.
Counselling / support	Bereavement support and support to cope with cancer diagnosis.
Other services offered	Lectures, information, home and hospital visiting, shopping, gardening, wide range of complementary therapies, specialised support groups, wide variety of activities eg. art, yoga and crafts.
Costs	Free.

Name	GREYSTONES PEOPLES PROJECT
Address	C/O Kilian House Family Centre, La Touche Road, Greystones, Co. Wicklow.
Phone number	01 201 7896.
Fax number	01 287 4025.
Opening hours	Monday to Friday 9.00am – 5.00pm (Counselling by appointment).
Catchment area	Greystones and surrounding areas.
Aims	To help empower local people to assert their individual and community abilities, to take control over their family circumstances and individual talents.
Other services offered	Type of Counselling Marriage, child, bereavement counselling.
Costs	M.A.B.S. Free.



Name	LIVING LIFE COUNSELLING CENTRE
Address	Living Life Centre, Madeley, Eglinton Road, Bray, Co. Wicklow.
Phone number	01 286 6729 or 086 829 3275.
Fax number	01 286 6729.
Email address	livinglife@eircom.net
Opening hours	Monday to Friday 8.30am – 8.30pm.
Catchment area	Wicklow, Dublin (other centres in Dun Laoghaire and Arklow).
Aims	To provide professional counselling in a caring environment to people on low incomes.
Counselling / support	Marriage, child, bereavement, general counselling.
Costs	Donations welcome.

Name	MENINGITIS TRUST
Address	PO Box 102, Bray, Co. Wicklow.
Phone number	01 276 2050 or Freephone 24 hour Nurse-led Helpline – 1800 523 196.
Fax number	01 276 2051.
Website	www.meningitis-trust.ie
Email address	eolas@meningitis-trust.ie
Opening hours	Monday to Friday 9.00am – 5.00pm plus 24 hour Helpline.
Catchment area	Nationwide.
Aims	To relieve sickness and distress among persons who are suffering from meningitis or who are disabled as a result of meningitis. To undertake and fund research into all strains of meningitis and to publish, assist with and / or fund the publication and dissemination of the results. To work towards the elimination of meningitis as a serious medical problem and to provide support to people who suffer meningitis and their families, guardians or partners.
Counselling / support	Bereavement and trauma counselling for those who have had a direct experience of meningitis. Home visits, one-to-one contacts and hospital visits.
Other services offered	Helpline offers facts, information, literature and support to people concerned about meningitis and meningococcal disease in over 100 different languages through Language Line.
Costs	Free.

Name	OPEN DOOR DAY CARE CENTRE
Address	Vevay Road, Bray, Co. Wicklow.
Phone number	01 286 7123.
Fax number	01 282 8599.
Email address	opendoor@eircom.net
Opening hours	Monday to Friday 10.00am – 4.00pm.
Catchment area	North Wicklow.
Aims	To improve the quality of life for the disabled and help them and their carers deal with the stresses and losses in their lives.
Counselling / support	Bereavement counselling.
Other services offered	Stress management for carers and disabled. Crisis support.
Costs	Free to members. Sliding scale: €10 – €35.

Name	RAINBOWS ARKLOW BOY'S NATIONAL SCHOOL
Address	Arklow Boy's National School, Coolgreaney Road, Arklow, Co. Wicklow.
Phone number	0402 32545 or 086 396 4172.
Fax number	0402 32545.
Email address	sorchatadhg@hotmail.com
Opening hours	School hours.
Catchment area	Arklow Parish.
Aims	To help children In the Parish who are grieving a death, separation or any painful transition in their lives.
Counselling / support	Peer support.
Costs	Free.

Name	RAINBOWS BALTINGLASS
Address	C/O St Joseph's Parish Centre, Baltinglass, Co. Wicklow.
Phone number	086 301 6747.
Opening hours	Monday to Friday 9.00am – 5.00pm.
Catchment area	Baltinglass and surrounding areas.
Aims	To support children who have suffered a loss in their lives through bereavement, separation, or any other painful transition.
Counselling / support	Peer support.
Other services offered	Referral to appropriate agencies if appropriate.
Costs	Free.

Name	RAINBOWS BRAY
Address	Holy Redeemer Parish Centre, Herbert Road, Bray, Co. Wicklow.
Phone number	01 286 8413.
Opening hours	Monday to Friday 9.00am – 5.00pm.
Catchment area	Bray and surrounding parishes.
Aims	To assist children and young adults who are grieving a death, separation, a significant loss or any other painful transition in their family.
Counselling / support	Rainbows groups.
Other services offered	Child and young adult support, separated support group, bereaved parents suicide support group and Living Links Wicklow support group.
Costs	Free. Donations welcome.

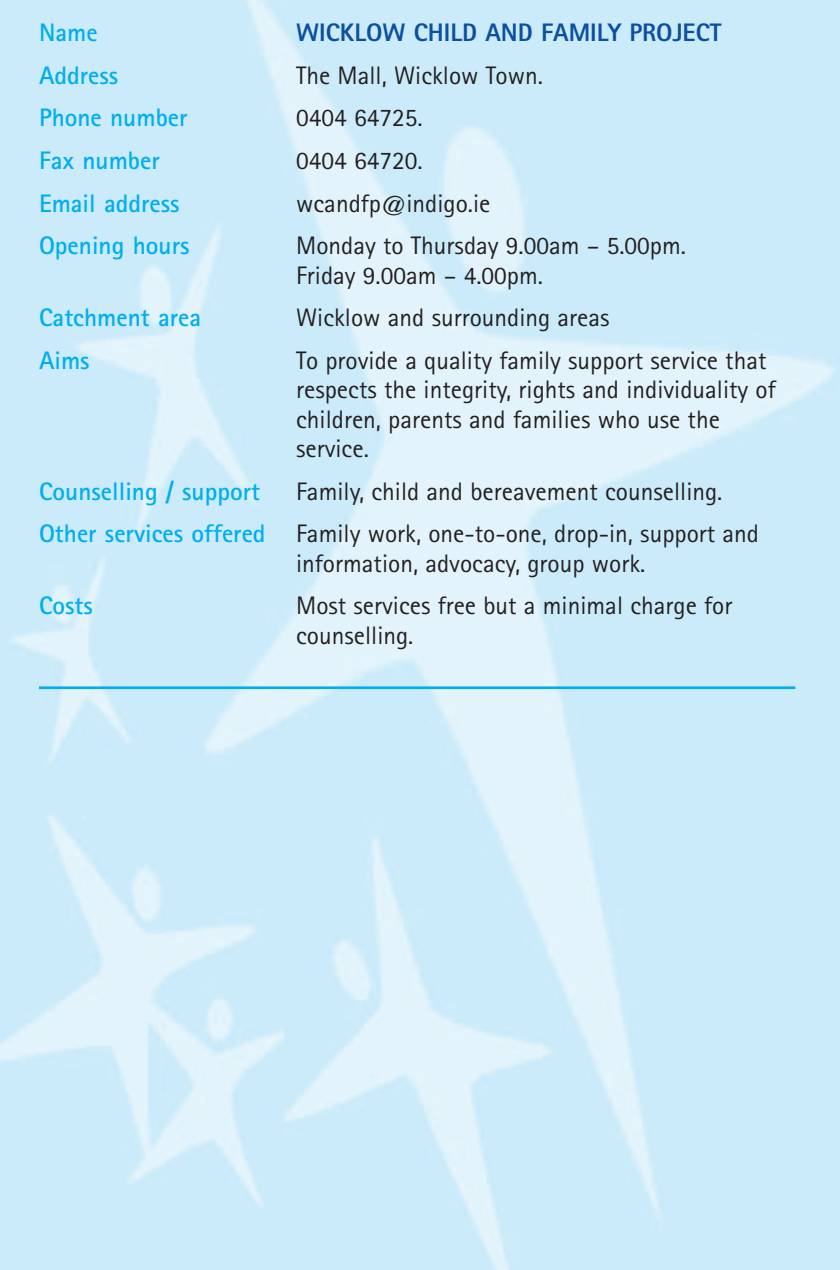
Name	RAINBOWS NEWTOWNMOUNTKENNEDY
Address	St Brigid's Girl's National School, Newtownmountkennedy, Co. Wicklow.
Phone number	01 281 9142.
Fax number	01 281 0913.
Email address	ntmkgns.ias@eircom.net
Opening hours	School hours.
Catchment area	Newtownmountkennedy, Kilquade, Kilpedder.
Aims	To provide support to children who have been bereaved through death, separation or divorce.
Counselling / support	Rainbows support.
Costs	Free.

Name	RAINBOWS TEMPLERAINEY
Address	St Joseph's National School, Templerainey, Arklow, Co. Wicklow.
Phone number	0402 32984.
Fax number	0402 29786.
Email address	iosefstaf.ias@eircom.net
Website	www.iosef.ie
Opening hours	School Hours.
Catchment area	Arklow area.
Aims	To provide support for children who may have suffered any loss in their lives through parental separation or family bereavement.
Counselling / support	Peer support.
Costs	Free.



Name	SOPHIA COUNSELLING CENTRE
Address	Sli an Chroí, St Patrick's, Kiltegan, Co. Wicklow.
Phone number	059 647 3488 or 059 647 3623.
Fax number	059 647 3622.
Email address	slianchroi@iol.ie
Opening hours	Monday to Friday 9am – 9pm.
Catchment area	West Wicklow, North Carlow, East Kildare.
Aims	To listen, affirm, empower and free. To be available at affordable cost. Availing of nature as a primary source of Therapy. Therapy acknowledging our spiritual / soulfulness.
Counselling / support	Marriage and couple counselling, marriage preparation, child counselling, bereavement counselling, addiction counselling, family systems, general counselling.
Other services offered	Workshops on inner child, self-esteem, mid-life retirement, senior citizens monthly gathering.
Costs	Service offered to everyone, contributing according to their means. Free if necessary.

Name	ST CATHERINE'S ASSOCIATION
Address	St Catherine's E.D.C., Newcastle, Co. Wicklow.
Phone number	01 281 9485.
Fax number	01 281 9052.
Website	www.stcatherines.ie
Email address	accounts@stcatherines.ie
Catchment area	Co. Wicklow (except West Wicklow).
Aims	<p>To deliver a service of excellence that is client centred, responding to their identified needs and ensuring that each achieves their full potential and is supportive of both clients and their families.</p> <p>Staff participate in a multidisciplinary team approach to the highest attainable standards of healthcare, safety, education and training of persons with learning disabilities / developmental delays, many of whom will have other associated disabilities.</p>
Counselling / support	Marriage, Child and Bereavement counselling.
Other services offered	Early intervention, nursing department, psychology, physiotherapy, outreach, speech and language therapy, respite / residential, special school.
Costs	Free.



Name	WICKLOW CHILD AND FAMILY PROJECT
Address	The Mall, Wicklow Town.
Phone number	0404 64725.
Fax number	0404 64720.
Email address	wcandfp@indigo.ie
Opening hours	Monday to Thursday 9.00am – 5.00pm. Friday 9.00am – 4.00pm.
Catchment area	Wicklow and surrounding areas
Aims	To provide a quality family support service that respects the integrity, rights and individuality of children, parents and families who use the service.
Counselling / support	Family, child and bereavement counselling.
Other services offered	Family work, one-to-one, drop-in, support and information, advocacy, group work.
Costs	Most services free but a minimal charge for counselling.

**FAMILY
MEDIATION
SERVICE**

FAMILY MEDIATION SERVICE

The Family Mediation Service is a free, professional, confidential service which enables couples who have decided to separate or divorce, or who have already separated, to negotiate their own terms of agreement while addressing the needs and interests of all involved. It assists couples to address the issues on which they need to make decisions including family home and property, financial support, parenting the children and other matters related to the separation.

For further information contact your nearest office:

Fulltime Offices

Family Mediation Service
Hibernian House
80A South Mall
Cork
Phone: 021 425 2200
Fax: 021 425 1331

Family Mediation Service
1st Floor
St Stephen's Green House
Earlsfort Terrace
Dublin 2
Phone: 01 634 4320
Fax: 01 662 2339

Family Mediation Service
1st Floor
Ross House
Merchant's Road
Galway
Phone: 091 509 730
Fax: 091 567 623

Family Mediation Service
1st Floor
Mill House
Henry Street
Limerick
Phone: 061 214 310
Fax: 061 312 225

Part-time Offices

Family Mediation Service

Riverfront House

Pearse Road

Letterkenny

Co. Donegal

Due to open in 2006. For information phone Galway office on 091 509 730

Family Mediation Service

Marino

Dublin 3

Phone: 01 818 6050.

Re-location pending

Wednesday 9.00am – 12.30pm

Thursday & Friday 9.00am – 1.00pm & 2.00pm – 5.00pm

Family Mediation Service

West End House

West End Business Park

Snugborough Road Extension

Blanchardstown

Dublin 15

Phone: 01 811 8650

Fax: 01 821 1877

Monday, Thursday & Friday 9.00am – 1.00pm & 2.00pm – 5.00pm

Family Mediation Service

The Rere

Tallaght Social Services Centre

The Square

Tallaght

Dublin 24

Phone: 01 414 5180

Fax: 01 462 5956

Wednesday 9.00am – 12.30pm

Thursday & Friday 9.00am – 1.00pm & 2.00pm – 5.00pm

Family Mediation Service
Unit 2
Market Place
Maine Street
Tralee
Co. Kerry
Phone: 066 718 6100
Fax: 066 712 9332
Monday & Tuesday 9.00am – 1.00pm & 2.00pm – 5.00pm
Wednesday 9.00am – 12.30pm

Family Mediation Service
Grattan House Business Park
Dublin Road
Portlaoise
Co. Laois
Due to open in mid-2006
For information phone Limerick Office on 061 214310

Family Mediation Service
Ground Floor
10 -11, Seatown
Dundalk
Co. Louth
Phone: 042 935 9410
Fax: 042 933 8514
Tuesday & Thursday 9.30am – 1.00pm & 2.00pm – 5.30pm

Family Mediation Service
C/O Family Centre
Chapel Street
Castlebar
Co. Mayo
Phone: 094 903 5120
Fax: 094 903 7811
Monday 9.00am – 12.30pm
Tuesday & Wednesday 9.00am – 1.00pm & 2.00pm – 5.00pm

Family Mediation Service
Abbey Street
Sligo
Phone: 071 913 7430
Fax: 071 914 6401
Monday & Tuesday 9.00am – 1.00pm & 2.00pm – 5.00pm
Wednesday 9.00am – 12.30pm

Family Mediation Service

13B, Wallace House

Maritana Gate

Canada Street

Waterford

Phone: 051 860 460

Fax: 051 860 359

Monday & Tuesday 9.00am – 1.00pm & 2.00pm – 5.00pm

Wednesday 9.00am – 12.30pm

Family Mediation Service

Suite 10

1st Floor

Inish Carraig Business Centre

Golden Island

Athlone

Co. Westmeath

Phone: 0906 420 970

Fax: 0906 477 011

Monday & Tuesday 9.00am – 1.00pm & 2.00pm – 5.00pm

Wednesday 9.00am – 12.30pm

Family Mediation Service

32 Key West

Custom House Quay

Wexford

Phone: 053 63050

Fax: 053 23576

Monday, Thursday & Friday 9.00am – 1.00pm & 2.00pm – 5.00pm

Wednesday 9.00am – 12.30pm

FAMILY RESOURCE CENTRES

FAMILY RESOURCE CENTRES

The Family and Community Services Resource Centre Programme is essentially to help combat disadvantage by improving the functioning of the family unit. Centres can provide special services to lone parent families, young mothers and others considered in need of extra support and can act as a first step to community participation and social inclusion for the most vulnerable and marginalised families.

For further information contact the nearest office:

Bagenalstown Family Resource Centre
Chestnut Court
Royal Oak Road
Bagenalstown
Co. Carlow
Phone: 059 972 3196
Fax: 059 972 3685
Email: bagenalstownfrc@hotmail.com

Forward Steps Resource Centre
Mill Street
Tullow
Co. Carlow
Phone: 059 915 2776
Fax: 059 915 2767
Email: forwardsteps@eircom.net

Teach Oscail Resource Project Ltd. – Tullacmongan FRC
Killmooney Drive
Cavan
Phone: 049 437 2976
Fax: 049 437 2977
Email: tullacmongancdp@eircom.net

Ennistymon Family Resource Centre
12 New Road
Ennistymon
Co. Clare
Phone: 065 707 1144
Email: efrc@eircom.net

Killaloe / Ballina Family Resource Centre
2 Ryagan House
Shantraud
Killaloe
Co. Clare
Phone: 061 374 741
Email: killaloeballinafrc@eircom.net

Kilrush FRC
The Community Centre
Toler Street
Kilrush
Co. Clare
Phone: 065 905 2173
Fax: 065 905 2173
Email: kilrushfrc@eircom.net

Shannon Family Resource Centre
Respond Centre
Rineanna View
Shannon
Co. Clare
Phone: 061 707 600
Fax: 061 707 601
Email: shannonfrc1@eircom.net

Adrigole Family Resource Centre
C/O The Caha Centre
Adrigole Community Hall
Adrigole
Beara
Co. Cork
Phone: 027 60909
Fax: 027 60904
Email: thecahacentre@eircom.net

F.A.C.T. Ballincollig Family Resource Centre
134 Castle Park
Ballincollig
Co. Cork
Phone: 021 487 6295

Bandon Family Resource Centre
Deerpark Family Centre
Bandon
Co. Cork
Phone: 023 42743
Email: bandonfamilyresourcecentre@eircom.net

Castletownbere Family & Community Resource Centre
The Haven
The Square
Castletownbere
Co. Cork
Phone: 027 70718
Fax: 027 70749
Email: info@thehavencentre.org

Cobh Family Resource Centre
Park House
Cloyne Terrace
Cobh
Co. Cork
Phone: 021 481 6103
Fax: 021 481 6104
Email: cobhresourcecentre@eircom.net

Le Cheile Family Resource Centre
33 Fair Street
Mallow
Co. Cork
Phone: 022 42439
Fax: 022 51275
Email: lecheilefrc@eircom.net

Middleton Community Forum
Community Building
Oakwood Lodge
Youghal Road
Middleton
Co. Cork
Phone: 021 463 3522
Fax: 021 463 3693
Email: middletoncommunityforum@eircom.net

Donegal Town Family Resource Centre
C/O St John Bosco Centre
Donegal Town
Phone: 074 972 3760
Fax: 074 972 3387

Dunfanaghy Community Resource Association
Resource Office
Main Street
Dunfanaghy
Co. Donegal
Phone: 074 913 6548
Fax: 074 913 6202
Email: dunfanaghyresource@eircom.net

Mevagh Family Resource Centre
Áras Rosgoill
Downings
Co. Donegal
Phone: 074 915 5055
Fax: 074 915 5055
Email: mevaghresourcecentre@eircom.net

Moville & District Resource Centre Ltd
2 Montgomery Terrace
Moville
Co. Donegal
Phone: 074 938 2945
Fax: 074 938 2757
Email: serenityhouse@eircom.net

Raphoe Youth & Community Resource Centre
Volt House Resource Centre
The Diamond
Raphoe
Co. Donegal
Phone: 074 914 5796
Fax: 074 914 5796
Email: rapyoucom@eircom.net

St Johnston & Carrigans Family Resource Centre
Chapel Road
St Johnston
Lifford
Co. Donegal
Phone: 074 914 8551
Fax: 074 914 8998
Email: st.johnresource@eircom.net

Hill Street Family Resource Centre
Hill Street
Dublin 1
Phone: 01 874 6810
Fax: 01 874 6810
Email: hillstreet@iolfree.ie

St Andrew's Family Resource Centre
114-116 Pearse Street
Dublin 2
Phone: 01 677 1930 or 01 677 1749
Fax: 01 671 5734
Email: info@standrews.ie

Artane Coolock Resource & Dev. Centre
55 Gracefield Road
Artane
Dublin 5
Phone: 01 851 2289
Fax: 01 851 2285
Email: acrdc@eircom.net

Fatima Group United
18J Fatima Mansions
Rialto
Dublin 8
Phone: 01 453 4722
Fax: 01 473 7497
Email: fgu@oceanfree.net

School St / Thomas Court Bawn Family Resource Centre
22-23 School Street
Dublin 8
Phone: 01 453 1464 or 01 454 7018
Fax: 01 453 8019
Email: schoolst@esatclear.ie

Drop in Well Family Resource Centre
34 Coultrey Road
Ballymun
Dublin 9
Phone: 01 842 4961
Email: dropinwell@msn.com

Ballyfermot Family Resource Centre
Lynches Lane
Ballyfermot
Dublin 10
Phone: 01 626 4147
Fax: 01 626 4147
Email: angelacopely@eircom.net

St Matthew's Family Resource Centre
5 Drumfinn Park
Ballyfermot
Dublin 10
Phone: 01 626 8370
Fax: 01 626 8370
Email: saintmatthewsfamilycentre@hotmail.com

Cherry Orchard Family Resource Centre
The Bungalow
28 Elmdale Drive
Cherry Orchard
Dublin 10
Phone: 01 623 1367
Fax: 01 623 1367
Email: cofrc@eircom.net

Baldoyle Family Resource Centre
Main Building
Respond Housing Development
Grange Road
Baldoyle
Dublin 13
Phone: 01 832 6115
Fax: 01 839 6744
Email: bfrs@eircom.net

Rosemount Comm. Development Group
3, Rosemount Court
Dundrum
Dublin 14
Phone: 01 298 9764
Fax: 01 296 6296

Mountview Resource Centre
11 Whitechapel Crescent
Mountview
Blanchardstown
Dublin 15
Phone: 01 820 6171
Fax: 01 822 6002
Email: mfrc@indigo.ie

Balally Family Resource Centre
The Scout Den
Wedgewood
Dublin 16
Phone: 01 295 2167
Fax: 01 295 2167
Email: bfrc@gofree.indigo.ie

Ballyboden Family Resource Centre
29 Whitechurch Way
Ballyboden
Dublin 16
Phone: 01 493 5953
Fax: 01 493 5603
Email: bfrc@dna.ie

Hillview Community Resource Centre Ltd
33-34 Hillview Grove
Ballinteer
Dublin 16
Phone: 01 296 5025
Fax: 01 296 8841
Email: greenspace@eircom.net

Ballyogan Family Resource Centre
41 Ballyogan Avenue
Carrickmines
Dublin 18
Phone: 01 295 3219
Fax: 01 295 0383
Email: ballyogancdg@eircom.net

Quarryvale Comm. Resource Group
Shancastle Avenue
Quarryvale
Clondalkin
Dublin 22
Phone: 01 623 0264
Fax: 01 623 0244
Email: qrc@eircom.net

Killinarden Family Resource Centre
Killinarden
Tallaght
Dublin 24
Phone: 01 452 7143
Fax: 01 452 7053
Email: crfk@eircom.net

St Kevin's Family Resource Centre
St Kevin's Girls School
Treepark Road
Kilnamanagh
Dublin 24
Phone: 01 462 7149
Email: skfrc@eircom.net

Aonad Resource Centre
The Square
Ballygar
Co. Galway
Phone: 0906 624 484 or 0906 624 485
Fax: 0906 624 485
Email: aonad@eircom.net

Clann Resource Centre
Main Street
Oughterard
Co. Galway
Phone: 091 557 633 or 091 557 634
Fax: 091 557 634
Email: clannres@eircom.net

Gort Family Resource Centre
Market Hall
Church Street
Gort
Co. Galway
Phone: 091 630 902
Fax: 091 630 976
Email: gortfrc@eircom.net
Website: www.frcnf.com/gort

Solas Resource Centre
Parish Hall
Headford
Co. Galway
Phone: 093 36446
Email: headfordfrc@eircom.net

Ballyspillane Family Resource Centre
Community & Family Resource Centre
Ballyspillane
Killarney
Co. Kerry
Phone: 064 35589

Cathair Saidhbhín Family Resource Centre
Community Resource Centre
Church Street
Cahirciveen
Co. Kerry
Phone: 066 947 1301

Castlemaine Family Resource Centre
Castlemaine
Co. Kerry
Phone: 066 976 7833
Fax: 066 976 7833
Email: cmainefrc@eircom.net

Duagh Family Resource Centre
Duagh Village
Listowel
Co. Kerry
Phone: 068 45333
Fax: 068 45945
Email: duagh@eircom.net

Kerryhead / Ballyheigue Family Resource Centre
"Bayside"
Ballyheigue
Co. Kerry
Phone: 066 711 6961
Email: ballyheiguefrc@eircom.net

Presentation Family Centre
Greenville
Listowel
Co. Kerry
Phone: 068 23584
Fax: 068 23584
Email: famcenlis@eircom.net

Shanakill Family Resource Centre Ltd
Shanakill
Monavalley
Tralee
Co. Kerry
Phone: 066 712 7831
Fax: 066 712 7831
Email: shanakillfrc@eircom.net

Sneem Family Resource Centre
New Street
Sneem
Co. Kerry
Phone: new group (await no)

St Brigid's Comm. Centre – Tralee Family Resource Centre
Hawley Park
Tralee
Co. Kerry
Phone: 066 712 8521
Fax: 066 712 8521
Email: stbrigid1@eircom.net

Newbridge Family Resource Centre
Dara Park
Newbridge
Co. Kildare
Phone: 045 438 173
Fax: 045 438 430
Email: newbridgefrc@eircom.net

Callan Community Action
14, Green Lane
Callan
Co. Kilkenny
New Group – no phone number at time of going to print

Clogh Family Resource Centre
Clogh
Castlecomer
Co. Kilkenny
Phone: 056 444 2800
Fax: 056 444 2800
Email: cloghfrc@eircom.net

Newpark Close Community Development Ltd.
Newpark Close FRC
Kilkenny
Phone: 056 772 3309
Fax: 056 772 3909
Email: newparkclosefrc@eircom.net

St Canice's Community Action
Fr McGrath Community Centre
St Joseph's Road
Kilkenny
Phone: 056 775 1988
Fax: 056 777 0903

Knockmay Comm. & Family Resource Centre
106-107 Cherrygrove
Knockmay
Portlaoise
Co. Laois
Phone: 0502 81683
Fax: 0502 81684
Email: knockmayresourcecentre@eircom.net

Breffni Community Development Company Ltd
Community House, Breffni Crescent
Carrick-on-Shannon
Co. Leitrim
Phone: 071 962 2566 / 962 2567
Fax: 071 962 2106
Email: brefcom@eircom.net

Mohill Family Resource Centre
Hyde Street
Mohill
Co. Leitrim
Phone: 071 963 1253
Fax: 071 963 1826
Email: mfsc@eircom.net

Hospital Family Resource Centre
Knockainey Road
Hospital
Co. Limerick
Phone: 061 383 884
Email: hospitalfrc@eircom.net

Southill Family Resource Centre
267-268 Avondale Court
O'Malley Park
Southill
Limerick
Phone: 061 440 250
Fax: 061 440 250
Email: omalleypark@eircom.net

St Munchin's Family Resource Centre
26-28 Clonconnane Road
Ballynanty
Limerick
Phone: 061 326 623
Fax: 061 328 517
Email: frc@communitylink.ie

Bridgeways Family Resource Centre
St Colmille's National School
Ballymahon
Co. Longford
Phone: 090 643 2691
Email: bridgewaysfrc@hotmail.com

Ballina Family Resource Centre
Newman Centre
Salmon Weir
Ballina
Co. Mayo
Phone: 096 72258

Ballinrobe Family Resource Centre
Glebe Street
Ballinrobe
Co. Mayo
Phone: 094 954 2908
Fax: 094 954 2907
Email: ballinrobefrc@eircom.net

Neart hAmhnais Teoranta – Ballyhaunis
The Friary House
Ballyhaunis
Co. Mayo
Phone: 094 963 0929
Email: ballyhaunisfrc@eircom.net

Westport Family Resource Centre
The Fairgreen
Westport
Co. Mayo
Phone: 098 24419
Fax: 098 24419
Email: westportfrc@eircom.net

The People's Resource Centre
5 Church Street
Kells
Co. Meath
Phone: 046 924 7161
Fax: 046 929 3594
Email: kellsresourcecentre@eircom.net

Trim Family Resource Centre
22 Mornington Drive
Trim
Co. Meath
Phone: 046 943 8850
Email: trimfrc@eircom.net

Mullaghmatt / Cortolvin Community Development
Teach na Daoine
Oriel Road
Mullaghmatt Cortolvin
Monaghan
Phone: 047 71398
Fax: 047 71468
Email: mullcortcommhse@eircom.net

Arden View Comm. & Family Resource Centre
Arden View
Tullamore
Co. Offaly
Phone: 0506 20598
Email: joanne1969@eircom.net

Clara Family Resource Centre
The Parochial Hall
River Street
Clara
Co. Offaly
Phone: 0506 31928
Fax: 0506 31937
Email: clarafrc@eircom.net

Family Life Centre
Knocknashee
Boyle
Co. Roscommon
Phone: 071 966 3000
Fax: 071 966 2954
Email: info@familylifecentre.ie

Ballymote Family Resource Centre
Wolfe Tone Street
Ballymote
Co. Sligo
Phone: 071 918 9876
Fax: 071 918 9877
Email: ballymotefrc@eircom.net

Easkey Community Family Resource Centre
Easkey House
Easkey
Co. Sligo
Phone: 096 49088
Email: easkeyfrc@eircom.net

Sligo Family Centre
49 The Mall
Sligo
Phone: 071 914 6315
Fax: 071 914 6079
Email: sligofamilycentre@eircom.net

Tubbercurry Family Resource Centre
Conlon House
Humbert Street
Tubbercurry
Co. Sligo
Phone: 071 918 6926
Fax: 071 918 6925
Email: info@tubbercurryfrc.com

Millennium Family Resource Centre
New Birmingham
Thurles
Co. Tipperary
Phone: 052 57992
Fax: 052 57992
Email: claremfrc@eircom.net

Spafield Family Resource Centre
Spafield Crescent
Cashel
Co. Tipperary
Phone: 062 63622
Fax: 062 63622
Email: sfrc@iolfree.ie

Three Drives Family Resource Centre
22-23 Greenane Drive
Tipperary Town
Phone: 062 80831
Fax: 062 52206
Email: threedrivesfrc@eircom.net

St Brigid's Family & Community Centre
37 Lower Yellow Road
Waterford
Phone: 051 375 261
Fax: 051 353 249
Email: stbrigidsfcc@eircom.net

Cara-Phort Family Resource Centre
Harbour Street
Ballynacargy
Mullingar
Co. Westmeath
Phone: 044 73060
Fax: 044 73061
Email: caraphortfrc@eircom.net

Kilmuckridge Community & Resource Centre
The Health Centre
Kilmuckridge
Gorey
Co. Wexford
Phone: 053 30393

Raheen Family Resource Centre
Raheen
Clonroche
Co. Wexford
Phone: 051 428 805
Fax: 051 428 003
Email: raheencdg@oceanfree.net

Greystones People's Project
Killian House Family Centre
La Touche Road
Greystones
Co. Wicklow
Phone: 01 201 6869
Fax: 01 201 6869

**LEGAL AID BOARD
LAW CENTRES
AND OTHER
USEFUL SERVICES**

The Legal Aid Service provides legal aid and advice in civil cases to persons who satisfy the requirements of the Civil Legal Aid Act, 1995.

The Board makes the services of solicitors and, if necessary, barristers available to people of moderate means at little cost.

The service includes anything from writing a solicitor's letter to representation in court proceedings.

For further information contact the nearest office:

(PT) denotes PART-TIME LAW CENTRES

St Catherine's Citizens Information Bureau, St Joseph's Road, **Carlow (PT)**

Phone: 059 913 8700

1st & last Friday of every month

Newcourt Shopping Centre, Church Street, **Cavan**

Phone: 049 433 1110

Fax: 049 433 1304

Unit 6A, Merchant's Square, Ennis, **Co. Clare**

Phone: 065 682 1929

Fax: 065 682 1939

North Quay House, Popes Quay, **Cork**

Phone: 021 455 1686

Fax: 021 455 1690

Refugee Legal Service, Jones Engineering Building, Euro Business Park,
Little Island, **Cork**

Freephone: 1800 202 420

Phone: 021 451 0000

Fax: 021 451 0048

1A South Mall, **Cork**

Phone: 021 427 5998

Fax: 021 427 6927

The Courthouse, Donegal Town, **Co. Donegal (PT)**

Phone: 074 912 6177

Open once a month

Houston House, Main Street, Letterkenny, **Co. Donegal**

Phone: 074 912 6177

Fax: 074 912 6086

45 Lower Gardiner Street, **Dublin 1**

Phone: 01 874 5440

Fax: 01 874 6896

9 Lower Ormond Quay, **Dublin 1**

Phone: 01 872 4133

Fax: 01 872 4937

Refugee Legal Service

Timberlay House, 79–83 Lower Mount Street, **Dublin 2**

Freephone: 1800 229 222

Phone: 01 631 0800

Fax: 01 661 5011

48 / 49 Nth Brunswick Street, Georges Lane, **Dublin 7**

Phone: 01 646 9700

Fax: 01 646 9799

Private Practioner Centre

48 / 49 Nth Brunswick Street, Georges Lane, **Dublin 7**

Phone: 01 646 9690 or 01 646 9691

Fax: 01 646 9799

Refugee Legal Service

48 / 49 Nth Brunswick Street, Georges Lane, **Dublin 7**

Freephone: 1800 238 343

Phone: 01 646 9600

Fax: 01 671 0200

44 / 49 Main Street, Finglas, **Dublin 11**

Phone: 01 864 0314

Fax: 01 864 0362

Unit 6–8 Business Centre, Clonsilla Road, Blanchardstown, **Dublin 15**

Phone: 01 820 0455

Fax: 01 820 0450

Coolock Community Law Centre

Northside Civic Centre, Bunratty Road, Coolock, **Dublin 17**

Phone: 01 847 7804

Fax: 01 847 7563

Email: info@nclc.ie

Website: www.nclc.ie

Tower Centre, Clondalkin Village, **Dublin 22**

Phone: 01 457 6011

Fax: 01 457 6007

Village Green, Tallaght, **Dublin 24**

Phone: 01 451 1519

Fax: 01 451 7989

9 Francis Street, **Galway**

Phone: 091 561 650

Fax: 091 563 825

Refugee Legal Service, Seville House, New Dock Road, **Galway**

Freephone: 1800 502 400

Phone: 091 562 480

Fax: 091 562 599

Quay Street, Cahirciveen, **Co. Kerry (HEAD OFFICE)**

LoCall: 1890 615 200

Phone: 066 947 1000

Fax: 066 947 1035

52 High Street, Killarney, **Co. Kerry (PT)**

Phone: 066 712 6900

Every Friday morning

1 Day Place, Tralee, **Co. Kerry**

Phone: 066 712 6900

Fax: 066 712 3631

Canning Place, Newbridge, **Co. Kildare**

Phone: 045 435 777

Fax: 045 435 766

87 Maudlin Street, **Kilkenny**

Phone: 056 776 1611

Fax: 056 776 1562

Unit 6A, Bridge Street, Portlaoise, **Co. Laois**

Phone: 0502 61366

Fax: 0502 61362

The Health Centre, Leitrim Road, Carrick-on-Shannon, **Co. Leitrim (PT)**

Phone: 043 47590

Once a month

Lock Quay, Limerick

Phone: 061 314 599

Fax: 061 318 330

Credit Union Courtyard, 50A Main Street, Longford

Phone: 043 47590

Fax: 043 47594

Drogheda Community Services Centre, Fair Street, Drogheda, Co. Louth (PT)

Phone: 041 983 6084 or 041 983 3490

1st & 2nd Tuesday of every month

Condil House, Roden Place, Dundalk, Co. Louth

Phone: 042 933 0448

Fax: 042 933 0991

The Pastoral Centre, Cathedral Grounds, Ballina, Co. Mayo (PT)

Phone: 094 902 4334

Once a month

Health Centre, Knock Road, Ballyhaunis, Co. Mayo (PT)

Phone: 094 902 4334

4th Tuesday of every month

Humbert Mall, Main Street, Castlebar, Co. Mayo

Phone: 094 902 4334

Fax: 094 902 3721

Kennedy Road, Navan, Co. Meath

Phone: 046 907 2515

Fax: 046 907 2519

Alma House, The Diamond, Monaghan

Phone: 047 84888

Fax: 047 84879

Harbour Street, Tullamore, Co. Offaly

Phone: 0506 51177

Fax: 0506 51544

Citizens Information Centre, 7 Elphin Street, Boyle, Co. Roscommon (PT)

Phone: 071 916 1670

Once a month

Bridgewater House, Rockwood Parade, Thomas Street, Sligo

Phone: 071 916 1670

Fax: 071 916 1681

Citizens Information Centre

14 Wellington Street, Clonmel, Co. Tipperary (PT)

Phone: 052 22267

3-4 times a month

Friarscourt, Nenagh, Co. Tipperary

Phone: 067 34181

Fax: 067 34083

Thurles Community Social Services, Rossa Street, Thurles, Co. Tipperary (PT)

Phone: 067 34181

2nd Tuesday of every month

Canada House, Canada Street, Waterford

Phone: 051 855 814

Fax: 051 871 237

Paynes Lane, Irishtown, Athlone, Co. Westmeath

Phone: 090 647 4694

Fax: 090 647 2160

Enterprise Centre, Bishopsgate Street, Mullingar, Co. Westmeath (PT)

Phone: 090 647 4694

Fax: 090 647 2160

Once a month

Unit 8, Redmond Square, Wexford

Phone: 053 22622

Fax: 053 24927

Bridge Street, Wicklow

Phone: 0404 66166

Fax: 0404 66197

**GRANTS FOR
MARRIAGE, CHILD
AND BEREAVEMENT
COUNSELLING**

Funding is available for Marriage, Child and Bereavement counselling services by way of once-off grants. Organisations providing Marriage Counselling services helping people to deal with difficulties they experience in their relationships, counselling services to children whose lives have been affected by parental separation, marriage preparation courses or bereavement counselling and support services for families on the death of a family member can apply for these grants.

Further details are available from:

THE FAMILY SUPPORT AGENCY

St Stephen's Green House

Floor 4

Earlsfort Terrace

Dublin 2

Phone: 01 611 4100

Fax: 01 676 0824

Email: familysupport.agency@welfare.ie

Website: www.fsa.ie

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