

"It does not matter who you are or what you do, sooner or later we all need a little bit of help and support in our lives."

A Professional Counselling Service for Families and Individuals

Confidentiality

Respect

Understanding

Non Judgement

Support

Counselling is available to the public from the Killarney area. This service is provided by externally qualified professional counsellors in the area of bereavement and Loss relationship, or any other areas that cause stress.

What is Counselling?

Counseling is way of exploring concerns and feelings in a safe and confidential setting, and with the help of someone who is trained to listen attentively and without judging.

A counsellor will not tell you how to solve your problems, but will help you find your own solutions.

Counseling can help you understand yourself better and help you to find your strengths and build on them. It often happens that what starts out as a problem becomes a turning point on the way to discovering a fuller self.

What does it cost?

Ballyspillane FRC Counseling Service is funded by the Family Support Agency ensuring that the cost of the service to the clients is kept to a minimum and is based on the persons ability to pay.

Qualified Counsellor / Psychotherapist

Cáit Duggan: B.A.(Hons) MIACP accredited

Please contact Cáit on 086-8488341

Ballyspillane CFRC Family Support Services



We provide a range of Family Support Services to parents /guardians and individuals ,for example

- One to One Parenting Supports
- Advocacy supports
- Signposting & Referral Service
- Meitheals (contact centre for more information)
- Parenting Programmes

To arrange an appointment with our Family Support Workers please contact

Kayleigh Power: 087 3910032

Louise Kiely: 0873907478

or contact FRC reception desk at 064-6635589

Where to find us

Ballyspillane FRC centre is located in Ballyspillane Estate situated one mile from Killarney Town Centre on the Upper Park Road Area. Coming from North Kerry/Tralee - approaching Killarney - Go left at the first roundabout (Cleeneey Roundabout)- travel 1.5 miles to next roundabout (Park Road Roundabout) -get in left-hand lane - take left at this roundabout - go up to top of hill (200m) continue into Ballyspillane Estate continue straight for another 250m- and take 2nd right turn at lamppost ,sign for the centre the Centre is on your right.



Ballyspillane Community

&

Family Resource Centre CLG.

Supporting Families Supporting Communities



Strengthening & Empowering Children Families & Communities

Centre Opening Hours
Monday to Friday 8-30 am to 5pm
Evening Opening Hours
for Community Groups & Activities

Ballyspillane Est., Killarney, Co. Kerry
Tel: 064 6635589 Fax: 064 6623583
Email: ballyspillanecfrc@gmail.com

Registered in Dublin Ireland No: 388446
Charity Number CHY16622
Charities Registered Number (RCN) 20060329

About us

Ballyspillane Family Resource Centre established in 2004 is based in Ballyspillane Estate Killarney Co. Kerry. We are part of Irelands largest family support programme with 121 Family Resource Centres located throughout Ireland and are **funded by the Child & Family Agency (Tusla)** under the Family & Community Services FRC National Programme.

Supports & Services

We provide a universal range of early intervention and prevention programmes parenting programmes and community activities to support families and communities in need.

Ballyspillane Family Resource Centre is a bright, welcoming, vibrant centre that offers a range of family support services including a high quality Childcare Service for parents and children. Our Staff and voluntary Board of Management are committed to providing the best possible service to our community.

Over the years the FRC has evolved and expanded in order to provide these supports to families and communities in our wider catchment area incorporating new communities in Killarney town and extending to the east Killarney and Rathmore areas. In total the FRC provides these supports to a population of 19,000 people.

FRC Centre Staff

Project Manager: **Connie O'Leary**

Denis Hayes Administrator

Marian McCabe Community Dev Worker

Kayleigh Power Family Support Worker

Louise Kiely Family Support Worker

Reception Admin staff : Norma & Sophie

Centre Caretaker, TUS & CE Work Placements

***For Further Details & more information,
please contact us at 064 66 35589 or email us on***

Target Groups We Work With

- Unemployed / Employed
- Early School Leavers
- Disabilities / Special Needs
- Single Parents/Lone Parents
- Stay at Home Parents
- Travellers / Minority Groups

Funding Agencies

- TUSLA Child & Family Agency
- PPFS Kerry South TUSLA
- Department of Rural & Community Development
- Pobal Community Service programme
- Department of Children & Youth Affairs

Working Partners

Kerry County Council– Killarney MD Town Council

- Kerry County Childcare & KDYS
- Kerry Education & Training Board
- Kerry Travellers Health &CDP
- South Kerry Development Partnership

Supports and Services

- Parenting Programmes
- Part-time Childcare
- Health & Wellbeing Courses
- Education & Training Courses
- Youth Projects / Summer Camps
- One to One Family Support
- Counselling Service
- Community Newsletter
- Community Group Support
- Photocopying & Printing Service
- Meeting Space for Community Groups

Ballyspillane Community Childcare Service

Sunflowers Community Childcare Service is one of the many services provided at Ballyspillane Family Resource Centre .

We are dedicated to providing equal opportunity to every child. With a social, emotional, and academic foundation through developmentally appropriate experiences.

We are committed to a partnership where school, family, and community act in collaboration to provide various learning opportunities in a nurturing and supportive environment to ensure all children are successful.

We are a new fully equipped purpose built Community Childcare facility situated in Ballyspillane Estate.

- ◇ New modern toys
- ◇ Children aged from 18 months to 5years
- ◇ Experienced Childcare staff
- ◇ Daily record sheets
- ◇ Safe colourful play area
- ◇ Outdoor play area
- ◇ Toddler Room
- ◇ Pre— School rooms Junior & Senior

Crèche Opening Hrs

Morning 9.00am-4.00pm

Childcare Centre Staff

Theresa O Neill Childcare Service Manager

Childcare Supervisor Kirsty O' Carroll

Pre-School Room Leaders & Early Years Educators

All staff are Garda Vetted & Fetac QQI accredited

***“Providing A nurturing & safe
environment for
children”***

Further Details Contact:

Theresa O Neill (Manager) 064 66 35589