

Have you heard about the Donegal Parent and Family support service we have in the North west. This is a self referral service or you can ask to be referred by your PHN etc. Josephine Meehan is our local family support worker and is based at Garradh Cholm Cille Centre, Falcarragh on Wednesdays. Contact 074 - 9131245 Their Vision:

Building strong, resilient families through information, support and signposting across Co. Donegal.

Who they are:

Pathways parent support is a free and confidential service. They aim to support parents to improve the lives of their families and communities through brief interventions. The service is aimed at parents of children and young people 0-24 years.

What they do:

Provide information and support to parents/carers and children on a one to one basis

Deliver parent/carers support sessions with a dedicated focus on co – parenting when separated.

Coordinate and deliver parenting events

Share information and guidance through social media and other platforms Call back service available Tuesday to Thursday from 10:00am - 12:00pm by contacting 074 - 913124