

We are a not for profit voluntary organisation. We support children (0-18 years) and their parents/carers through a range of evidenced-based therapeutic interventions. Our approach to working with families is needs-led, solution-focused, strengths-based and outcome-focused.



01

Our work with children & young people include:

- Supporting children impacted by trauma
- Developing coping skills & building psychological resilience
- Individual therapeutic support
- Supporting children & young people with mild anxiety
- Relationships & relationship building
- Developing social skills and self-esteem
- Anti-bullying programme
- Children & young people's groups
- Bereavement, separation & loss
- Understanding the impact of adult mental illness on children
- Understanding the impact of substance misuse on children
- Understanding the impact of domestic violence, family violence & community violence on children

02

Our Parenting Programmes include:

- Marte Meo
- Circle of Security
- Co-operative parenting for separated parents
- Non-Violence Resistance Programme (NVR)
- Understanding children's development

03

Outreach Work

Our Family Centres provide outreach services to children and families in the locality of the centres. Please contact your local centre for more details.



No two families experience challenges in exactly the same way. We know that it is easy to feel confused, isolated and helpless when family problems arise.

“It’s a great service for parents struggling with children. It gives parent hope & ideas to deal with problems”

Our Family Centres are welcoming and non-clinical and our professionally qualified staff work in partnership with parents and referrers to provide interventions that are therapeutic and supportive.

Our aim is to provide a flexible service to families to include individual sessions, parenting, family and group work, home visits, outreach and a drop-in facility.

We work under best practice guidelines and legislation which strives to protect the rights and welfare of children.

How to access our services

We take self referrals from families or through professional services e.g. Health Nurse, GP, Schools etc. Find a Centre near you from the list and contact us by phone, email or by downloading a referral form from our website.

Our services are free of charge.

Family Centres

Aistear Beo

1st Floor, Commercial House,
West End Village,
Blanchardstown, Dublin 15.
Ph: 885 2680 Email:
Arklow Springboard
27 Ferrybank
Arklow
Co. Wicklow
Ph: 0402 24828 Email:

Balbriggan

Unit 7, Level 1,
Millfield Shopping Centre,
Balbriggan, Co. Dublin.
Ph: 841 4122 Email:

Connaught Street

85 Connaught Street,
Phibsboro, Dublin 7.
Ph: 838 8077 Email:

Cherry Orchard

Cherry Orchard Avenue,
Ballyfermot, Dublin 10.
Ph: 623 1313 Email:

Lisdeel

Lisdeel House,
Swords Road,
Santry, Dublin 9.
Ph: 862 5195 Email:

Jobstown

Mary Mercer Centre
Fortunestown Road,
Tallaght, Dublin 24.
Ph: 458 5703 Email:

Turas /Springboard

Our Lady Immaculate School,
Darndale, Dublin 17.
Ph: 877 1716/3 Email:

Our Mission

The Daughters of Charity Child and Family Service recognising the essential dignity and potential of every person and the right of every child to live as full a life as possible within his or her own family, undertakes to deliver quality services to children at risk and families most in need.

Our Values

*Honesty, Respect, Fairness,
Justice & Compassion*



*"I always feel supported
attending the Family Centre"*



Daughters of Charity
Child and Family Service

Meeting the needs of families in a constantly changing world



**Providing therapeutic services to
children, young people and families**