

WHAT'S ON IN MAY '26



Buggie Buddies

Buggie Buddies is a **supportive programme** that meets parents/carers where they are, emotionally, physically and practically. We bring together trusted experts and a warm community to support parents. From **sleep and weaning to hormone health and bonding through music**, each session is designed to **help parents feel more confident and supported**.

It's a space to learn, ask questions, meet other parents and take a breath.

MONAGHAN TOWN LIBRARY
Mondays at 10am

CASTLEBLAYNEY LIBRARY
Thursdays at 9.30am

Starting off with a relaxing walk, followed by a hot cuppa in the local library.

Buggie Buddies join Knit and Chat

MONAGHAN LIBRARY
Starting Monday 11th May

A wonderful opportunity for new parents to come along, enjoy a chat, and pick up some basic knitting/crochet skills in a friendly, welcoming space.



Parenting Monaghan



Find more info on our **website** or to **submit an enquiry** by scanning this QR code



At Parenting Monaghan, our support extends to all families with children ages 0-18

We are always looking for ways to strengthen our services and welcome any suggestions on how we can support your parenting journey.

Watch out for our next newsletter edition with more activities and classes in your area!

English conversational classes

YMCA MONAGHAN

Every Tuesday 10.30-12.30 and 7pm-9pm (Recurring)

CASTLEBLAYNEY LIBRARY

Every Wednesday 11am-1pm (Recurring)

CARRICKMACROSS LIBRARY

Every Friday 12pm-2pm (Recurring)

CLONES LIBRARY

Every Thursday 11pm-1pm and 7pm-9pm (Recurring)

Contact Oksana in Monaghan Migrant Centre for latest details 083 0982803 or 087 6738835



For more information contact Nadine on **087 7702114** or email **ntavey@midl.ie**





Toilet Training Webinar



ONLINE

Thursday 7th May
1pm-2pm
(Recurring First Thursday of every month)



Introducing SOLID FOODS to your baby

ONLINE

Thursday 21st May
@ 11am
(Recurring Third Thursday of every month)

Breastfeeding support group

LLC MONAGHAN
The Hillgrove Hotel

4th Wednesday at 10.30am each month

LLC CASTLEBLAYNEY
Doohamlet Community Centre

2nd Thursday at 10.30am each month

Contact 086 8077549

PHN MONAGHAN

1st & 3rd Tuesday 10am-11.30am
each month

PHN CLONES

1st & 3rd Wednesday 10am-11.30am
each month

PHN CARRICKMACROSS

1st & 3rd Friday 9.30am-11am
each month

Contact PHN Mairead McCathill
(an IBCLC) 049 4351010

Toy Library

As well as access to a collection of hundreds of high-quality toys suitable for ages 0-8, members enjoy 'stay and play' and themed pop-up play sessions, both on and off-site.

Opening Times:

Mondays (new session)

9-11am

Wednesdays

3.30-5.30pm

Fridays (new time)

9-11am

Alternate Saturdays

2.30-4.30pm

Contact

info@cmxtoylibrary.ie



Align

We invite Maria McIntyre from **MIND BODY BREATH HEALING** who will focus on gentle movement, breath awareness, nervous system support, and connection. This is a space to slow down, soften and return to your natural ability to align, manifest and receive.

This programme is fully booked. To express your interest email Nadine: ntavey@midl.ie



Social Smarts

HELPING YOUR CHILD BUILD MEANINGFUL CONNECTION

ONLINE Tuesday 5th May from 10am-11am

From Wobbles to Wins

HELPING KIDS WITH COORDINATION AND CONTROL

ONLINE Thursday 7th May from 7pm-8pm

Calm and Connected

HELPING KIDS UNDERSTAND AND MANAGE EMOTIONS

ONLINE Thursday 14th May from 7pm-8pm

Attention HQ

HELPING KIDS TUNE IN AND STAY ON TRACK

ONLINE Tuesday 19th May from 10am-11am

Thinking Outside the box

HOW DIFFERENT BRAINS LEARN AND GROW

ONLINE Thursday 28th May from 7pm-8pm

All the above ran by

THE CHANGING LIVES INITIATIVE

Free to attend



Baby Book Club

CASTLEBLAYNEY LIBRARY
at 10am (Every First Friday)

CARRICKMACROSS LIBRARY
at 11am (Every Friday)

MONAGHAN LIBRARY
at 11am (Every Friday)

CLONES LIBRARY
(Mini Movers)
at 11am (Every Monday)



An Roinn Leanaí, Míchumais agus Comhionannais
Department of Children, Disability and Equality

