

TPSP LOCATION

WHO TO CONTACT

DUBLIN

Laura Curran

Ballyfermot

FamiliBase

Bluebell & Inchicore

Blackditch Road
Ballyfermot, Dublin 10
Tel: 01-6546800 or 087-7430789
laura.curran@familibase.ie

Dublin 5, 13 & 17 Parts of Dublin 3 & 9

Adele O'Connor & Rebecca Byrne
Doras Buí
Bunratty Drive
Coolock, Dublin 17
Tel: 01-8484811 or 087-2254975
Email: adele.oconnor@dorasbui.ie
rebecca@dorasbui.ie
Facebook: www.facebook.com/doras.bui

Dublin 24, Dublin 12 and parts of Dublin 6

Sharon Moore
Barnardos
10 Newlands Business Park
Clondalkin
Dublin 22
Tel: 01-4032080 or 086 7728619
Email: sharon.moore@barnardos.ie

Finglas

Pamela Belton
Barnardos
Saint Oliver Plunketts Junior School,

St. Helena's Road, Finglas, Dublin 11
Tel: 01-864 1480 or 086-0600546
Email: finglasteenparents@barnardos.ie
pamela.belton@barnardos.ie

GALWAY (City & County)

Aileen Davies
Teen Parents Support Programme
Ground Floor, Nurses Home
University College Hospital
Galway
Tel: 091-544 960 or 085-763 3235
Email: aileen.davies@hse.ie
Web: www.teenparentsgalway.ie

TPSP LOCATION

WHO TO CONTACT

LIMERICK

Melissa Fitzgerald

(City & County)

Limerick Social Services Council Ltd.

Upper Henry Street
Limerick
Tel: 061 314111 or 083 409 8435
Email: melissa.fitzgerald@lssc.ie
Facebook: www.facebook.com/tpsp.limerick

LOUTH

Karen Byrne
Child and Family Agency
Southgate Shopping Centre
Colpe Cross
Drogheda, Co. Louth
Tel: 041-2152338 or 087-689 9002
Email: karenm.byrne1@tusla.ie

WEXFORD

Catherine McCurdy
Barnardos
Castle Hill
Enniscorthy
Co. Wexford
Tel: 053-9236342 or 086-7807546
Email: info@wexford.barnardos.ie
catherine.mccurdy@barnardos.ie

NATIONAL

Margaret Morris

COORDINATOR

July 2021



teenparents
support programme

A SERVICE FOR
**EXPECTANT
TEEN PARENTS
YOUNG MOTHERS
YOUNG FATHERS**

Treoir
28 North Great Georges Street Dublin 1
D01 HY46
Tel: 01-6700120 or 087-251 8428
Email: tpsp@treoir.ie
Web: www.tpsp.ie



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency

The TPSP is funded
by TUSLA and the
HSE.

www.tpsp.ie

WHAT IS THE TEEN PARENTS SUPPORT PROGRAMME?

Are you under 20 years of age?

Are you expecting a baby?

Do you already have a child?

The Teen Parents Support Programme - TPSP for short - is a family support service for young people who are pregnant or parenting. Support is also available for partners and those family members who play an important part in your life. This support service is free and confidential.

HOW CAN I CONTACT THE TPSP?

You can contact the TPSP directly or anyone interested in your well-being, or the well-being of your child, may make contact on your behalf.

HOW DOES THE TPSP WORK?

A project worker will meet you to discuss your needs and concerns and will support you to deal with them as far as possible. You can meet the project worker on your own, as a couple, with a member of your family or with anyone who is supporting you. Meetings may take place in your own

home, at the TPSP office or wherever you feel comfortable. You will be supported in a way that best suits your individual

needs and the needs of your child. This may be on a one-to-one basis, through group activities or by putting you in contact with other sources of support.

WHAT KIND OF SUPPORT WILL I GET?

The type of support you will get will depend on your own individual needs and the needs of your child.

For example, you may need:

- to talk about how your pregnancy is affecting you and your relationships with those around you - such as the other parent of your child and your own parents
- support to take care of yourself and your baby both before and after the birth
- help to adjust to your new roles and responsibilities as a parent
- help to understand how your child is developing and what you can do to make sure he or she is healthy, happy and safe
- information about your rights and responsibilities as a father or a mother
- information and support about your welfare rights and entitlements including accommodation
- encouragement and support to remain in or return to education/training - if that is your choice
- support as a young father to get your rights in relation to your child and to have contact with him/her
- contact with other young parents in your area.

The TPSP project worker will know the other supports and services for parents like you in your area and, if you wish,

can put you in touch with them, talk to them on your behalf or introduce you to them.



TPSP LOCATION

Carlow, Kilkenny & South Tipperary

CORK

(City & County)

DONEGAL
(Letterkenny)

Finn Valley & Inishowen)

WHO TO CONTACT

Bernie Loughman

St. Catherine's Community Services Centre
St. Joseph's Road, Carlow
Tel: 059-913 8700 or 085-110 1511
Email: bernie@stcatherines.ie

Martina Twomey

34 Paul Street, Cork
Tel: 021-4222987
Mobile: 087-6171055
Email: martina@teenparents.ie
admin@teenparents.ie
Web: www.teenparents.ie

Jacqueline Doherty & Michelle Maguire

Foróige

2 Cedar House
Main Street
Ballybofey
Co. Donegal
Tel: 086-8371335 or 086-8186345
Email: jacqueline.doherty@foroige.ie
michelle.maguire@foroige.ie

Facebook: Teen Parents Support Programme Foróige