

happy home! happy children! happy parents!



explore the challenge of creating a home environment in which your children can grow up secure and confident

friday 12th november, 8-10 pm

Parents of 0-18 year olds

exploring the joy of parenthood in all its dimensions; physical, emotional, creative, intellectual, spiritual, social, and linguistic.

saturday 13th november, 11 am - 1 pm

Parents of 0-7 year olds

awakening, nurturing, and enjoying the natural creativity of your unique child.

speaker:

Cora Molloy is a primary school teacher and a mother of nine children. For over 20 years she has given parenting courses, which are among the most popular in the country.

venue:

The seminar is being held in **Galway Lawn Tennis Club**, Threadneedle Road, Galway. Car parking at rear of tennis club. Creche facilities provided.



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about the seminar:

Your child's future is in your hands from the moment life begins. As parents, you are the most important carers and teachers and the first friends your child will ever have. As a parent, you lay the foundation of a secure personality and stimulate your child's enthusiasm for learning from a very early age. This seminar cannot reduce the responsibilities you face but it will help make parenting more enjoyable.

who organises the course:

Effective Parenting was set up by Valerie Nestor and Marylou Doherty, with a view to helping parents carry out their role as effectively as possible. This is the second seminar organised by **Effective Parenting**, which will coordinate workshops throughout the year for parents on a variety of topics. Further information will be available after the seminar or by contacting the organisers. The inspiration for **Effective Parenting** can be found in the writings of St. Josemaria Escriva, founder of the Opus Dei Prelature. He encouraged people to live out their Christian commitment in family life, as well as in their social and professional relationships.

further information from:

Valerie Nestor (091) 521757 or Marylou Doherty (094) 9640128.

application form

name: _____

address: _____

telephone: _____

email: _____

ages of your children: boys: _____

Please return completed application form* together with course fee (€20 per day / €30 both days) to:

**Valerie Nestor
Réaltín
Gentian Hill
Knocknacarra
Galway**

** limited places available at the door*

Please make cheques payable to Valerie Nestor.

girls: _____