

For more information on all our events, please visit our website or Facebook page

On March 11, the National Public Health Emergency Team advised in a statement that the public should “consider how to limit your social interactions; avoid indoor, crowded spaces”. With this in mind, Directors have taken the difficult decision to stop Cuidiú meets, events and training with immediate effect, and continuing through at least the end of July. The welfare of our volunteers, members and attendees is our first priority. We understand for many that for many our meets are an important part of the week, so we have chosen to continue with many of our regular activities virtually, through Zoom. Check the Facebook page for the link to each event.

Breastfeeding Support Groups

These meetings have a friendly atmosphere, and are a great opportunity to meet other breastfeeding mothers. The fully trained breastfeeding counsellors will give encouragement and answer any questions. Pregnant women are very welcome.

Virtual meetups **10:00-12:00**, see Facebook for Zoom links and more dates to be announced.

Wednesday 29 April
Wednesday 6 May



Counsellors can be reached by phone outside of support groups. See www.cuidiudsw.ie/breastfeeding-support-group for details.

Cuidiú +

Cuidiú Plus organises events for members who have school going children from young playschool goers, right up to adolescents. All members are welcome to attend Cuidiú Plus events.

Cuidiú Plus is temporarily **on hold** until August.

Parent2Parent/PND Support

Feeling a bit blue? Or just not feeling as happy as you used to? Cuidiú have support groups for mums to meet up and talk about how we are feeling; either depressed, just low, or simply wanting to talk to another mum. Babies welcome. Text Leah on 085 233 5503 for more information.

P2P VIRTUAL MONTHLY EVENING GROUPS 20:00-21:00

Tuesday 23rd June

Tuesday 21st July



Virtual Night out

Grab your favorite cocktail and log in to enjoy a chat. See Facebook for the Zoom link. **19:30-21:00**

Friday 8 May; Friday 5 June; Friday 3 July

The Great Outdoors!

All of our normal outdoor activities are **on hold** until August. If national guidelines are updated to allow outdoor gatherings before August, events may be organized and posted on Facebook.

Ballinteer Playgroup

The Thursday playgroup in Dundrum Methodist Church is currently **on hold** until August. Check Facebook for updates.

Bring a Plate – 20:00-22:00

Join us to have an evening catch-up and chance to just chat and unwind. We'll be meeting virtually, so grab a snack and a cuppa and log in. See Facebook for the Zoom link.

No Bring a Plate evenings are currently scheduled, but check Facebook for updates.



Monday Coffee Afternoons & Friday Coffee Mornings

Our Monday and Friday coffee meetups are now temporarily a virtual Tuesday morning meetup, and shortened to 1 hour. **Tuesdays 11:00am-12:00pm**. See Facebook for the Zoom link.

All parents are welcome at our coffee catch ups, whether you boob, bottle, syringe, spoon, BLW, babywear or love your buggy! Have a bump, a new-born, a toddler, a wee one off school, or all of the above? Come along for a chat and a cuppa!

ICT2 Meetings

ICT 2 appeals to mums involved in Cuidiú who have moved beyond the need for early years parenting support but still enjoy the involvement, friendship and peer support that Cuidiú offers. All members are welcome.

Evening Get Togethers **20:00-22:00** See Facebook for the Zoom link.

Tuesday 5 May; Tuesday 5 June; Tuesday 7 July