

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 2020. 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 some 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 **Wednesday 10:00-12:00**, see Facebook for Zoom links. **No meetup 30th December or 6th January.**

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**.

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 17th November
Tuesday 15th December
Tuesday 12th January



Parent's Night out

Grab your favorite cocktail and log in to enjoy a chat.

Parent's Night Out is temporarily **on hold**.

The Great Outdoors!

All of our normal outdoor activities are **on hold**. However, events may be organized and posted on Facebook.

Ballinteer Playgroup

The Thursday playgroup in Dundrum Methodist Church is currently **on hold**. 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.

Bring a Plate evenings are currently **on hold**.



Monday Coffee Afternoons & Friday Coffee Mornings

Our Monday and Friday coffee meetups are now temporarily **on hold**.

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 3rd November; Tuesday 1st December;
Tuesday 8th January