

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

Due to continuing COVID-19 related restrictions, all in-person Cuidiú meets, events and training have been canceled or replaced with virtual meetings, and will be continuing in this way for the foreseeable future. The Cuidiú national Directors will review this policy as the Government updates their guidance. 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**. Please email [kerwest@hotmail.com](mailto:kerwest@hotmail.com) to get the Zoom link.

Counsellors can be reached by phone outside of support groups. See [www.cuidiudsw.ie/breastfeeding-support-group](http://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

Join us for a chat about life in general and the ups & downs of parenting. For those feeling a bit low or depressed, these meetings are facilitated by at least one trained peer to peer supporter. Babies welcome.

Text Sian on 086 863 3377 for more information.

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

**March 9th**  
**April 13th**  
**May - no date yet. Keep an eye on Facebook**



### Craft and Chat

Come to chat about craft and share what you are working on - have some fun and get some inspiration. All crafts welcome. Drop in whenever you are free.

Virtual Meeting **April 21st - 8.30** See Facebook for Zoom link

### 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!

### Cuidiú a Dó Meetings (formerly ICT2)

Cuidiú a Dó 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 2nd March, Tuesday 6th April, Tuesday 4th May**

### Parent's Night Out

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

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