

## Groupwork

Non-violent Resistance (NVR)

Parenting Workshops

Children's Groups

Transition to Secondary School

Outdoor Activities

Rainbows Programme

Summer Programme



## What Families say about Dóchas

*'It has a family feel'*

*'I got to open up with other parents  
that were going through the same  
stuff'*

*'For me and my child, Dochas has al-  
ways been with us 100%'*

## How to Get in Touch

Contact with the **Project Director** by  
telephone  
OR

Schools, Mental Health Services and  
other services may refer you to Dochas.

**An initial screening** will be arranged in  
order to see if Dochas is the best service  
for you and your family.



**Dochas Family Centre**  
Liscarne Gardens  
Clondalkin  
D22 KF22

T: 01 623 4531

[www.dochasfamilycentre.ie](http://www.dochasfamilycentre.ie)

Registered Charity CHY:11976



**Community Based  
Therapeutic Team**

**Information Leaflet**

**2022-2023**



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## Who We Are:

The **Dóchas Family Centre** is a community based family support organisation working in partnership with children & families who may have social, emotional or behavioural needs.



Dóchas has been providing support to families for over 25 years and is committed to working with children & families in the medium-long term to achieve their goals.

## Who Can Attend:

Dochas provides supports to families with children aged 7-12 years old living in and attending school in the **North Clondalkin** area.

## Dóchas Supports:

Helping children manage BIG feelings  
Improving School Attendance  
Positive Mental Health & Well Being  
Coping with overwhelming feelings  
Family Changes e.g. bereavement  
Family Relationship Difficulties  
Children in the care of extended family



## What do we do

- Child & Family Support-
- Therapeutic interventions-
- Home & Centre Visits-
- Advocate on the families behalf-
- Attend Inter Agency Meetings-
- Family Reviews-



## Psychotherapeutic Supports

- Systemic Family Therapy
- Play & Creative Therapy