



Dochas
Family
Centre

NEWSLETTER

'Empowering children & families through community based therapeutic interventions to strengthen the family unit by building resilience and tackling trauma'



Dóchas Family Centre (*North Clondalkin Integrated Family/School Project CLG*) is a registered charity working with families living in **North Clondalkin**. We are a trauma informed, strengths-based organisation committed to supporting children & families (the minimum age is 7 years, and a child must enter the service before the age of 12 years). We provide confidential therapeutic interventions, one to one and group support which is community based and accessible to strengthen the family unit. Dóchas has been providing supportive case work to families since 1995. Children are central to the organisation and we encourage and support their voice in things that affect their lives.

www.dochasfamilycentre.ie

T: 01 623 4531

clairemce@dochasfamilycentre.ie

"If there's something wrong with him, he comes and tells me now thanks to Dochas" (Parent)



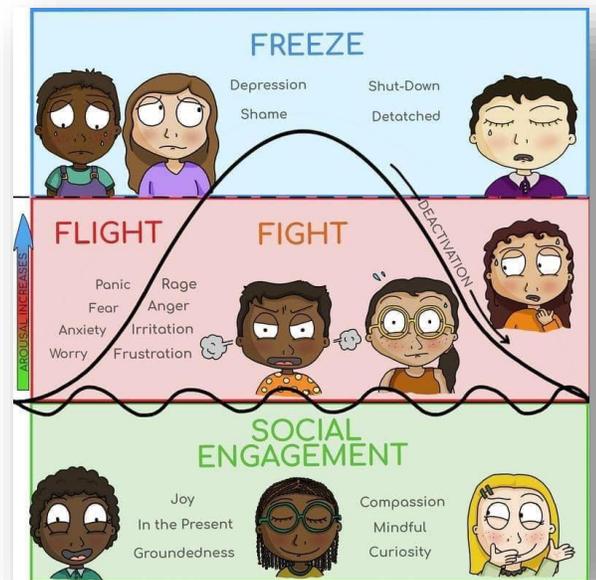
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"For me and my child, Dochas has always been there with is 100%" (Parent)

Referrals



This newsletter is designed to update our colleagues in terms of the work of the organisation and to outline the services we provide if you were thinking about making a referral on behalf of a family and/or a family wishes to make a self-referral. It is important to stress that Dochas Family Centre works with families who are experiencing social, emotional and relational difficulties.



Referral Process (in a nutshell):

The family or referring agency should contact the Director of service (Claire) to discuss their situation and supports they believe they need.

If appropriate, a *'Referral Form'* and *'Agency Support Form'* is issued for completion by the family (families must always be involved in making a referral as informed consent is crucial)

Once the referral is received back and tentatively allocated, we invite the parent(s) to the Centre for an assessment of need (up to 2 hours)

A home visit will be scheduled to meet and talk with the child in their own space

A *'Support Plan'* meeting takes place between the team e.g., Director, Case Workers, Play Therapist, Family Therapist and a decision is made in terms of the supports Dochas Family Centre is able to provide

All families are allocated a CFS ID

What We Do



Dochas Family Centre is a Child & Family Support agency working to improve outcomes through case work, play & family therapy. We have an experienced staff team (see below) who provide specialist supports to support families. We work with up to 25 families for (on average) 6-18 months. Dochas' *'Play Therapy'* service will review clients at 12 weeks and *'Systemic Family Therapy'* will review clients at 20 weeks.

Dochas Supports:

- Child & Family Support
- Intensive 1:1 case work with children, including Dochas' *NEW* Sensory Room
- Linking in with mental health, addiction and other agency supports
- Group work with children e.g., *'induction'*, *'emotional regulation'*, *'socialisation'*
- Specialist groups e.g., Forest School, Collinstown Allotments
- Helping children transition from primary to post primary school
- Creation of individual *'Support Plans'* for each child
- Transitioning children/young people to youth services
- Children's outings e.g., Tayto Park, Ziplt, Lazer Tag, Fort Lucan, Clara Lara, Bounce & Beyond, Bowling
- Advocacy
- Workshops with children /Workshops with parents
- Rainbows (from 2023)
- Link in with other agencies e.g., CAMHS, Schools, social work, meitheals and others
- Review meetings with families to re-shape goals
- Systemic Family Therapy (leaflet available on request)
- Play Therapy (leaflet available on request)

Dochas Team



Director	Claire McEwen
Case Worker	Christine O'Toole
Case Worker	Laura Caffrey
Case Worker	Ciara Carpenter
Case Worker	Nicole Power
Family Therapist	Clodagh Flanagan
Play Therapist	Fiona Flaherty
House Parent	Mags Church
Financial Administrator	Patricia Dunleavy

Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.




Find social groups that help them feel like they belong.



Focus on articulating feelings.

"I am angry."
"I am sad."

Set aside time for low-stress or solo activities.

Encourage journaling and diaries.

Encourage your child to focus on the moment.

Recognize toxic stress events.

Blessing Manifesting



Practice self-care for yourself to set the standard.



Establish a self-care routine.

Cultivate interests and hobbies.

Our team is work in a professional, compassionate, empathic, trauma informed and have a wealth of experience, qualifications and knowledge. The Centre is a relaxing and well-equipped space where children receive a fresh home cooked meal before Centre based group activities.

Contact: 01 623 4531 or 089 237 1329 (and leave a message and we'll return your call)

Address: Dochas Family Centre, Liscarne Gardens, Clondalkin, D22 KF22