



**Hillview Resource Centre**  
*family, community & you*

Hillview Resource Centre have a number of staff who are able to deal with your queries, refer you onto someone who can help and we provide a range of services:

- Project Manager  
T: 087 116 0196  
E: manager@hillviewrc.ie
- Early Years & Family Support Coordinator  
T: 087 117 3475  
E: childcare@hillviewrc.ie
- Community Development & Family Support Worker  
T: 087 195 7419  
E: development@hillviewrc.ie

Hillview Resource Centre is a Community Development and prevention & early intervention organisation working as part of the National Programme of FRC's in Ireland and part funded by Tusla, the Child & Family Agency

## WHERE TO FIND US:

Hillview Resource Centre CLG

CHY: 14385  
Company: 346966

33/34&87 Hillview Grove  
Ballinteer  
Dublin 16

## HOW TO CONTACT US:

T: 01 296 5025  
E: ask@hillviewrc.ie  
[www.hillviewrc.ie](http://www.hillviewrc.ie)



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# FAMILY SUPPORT



## SUPPORTS ON OFFER....

### RAINBOWS:

9 weeks for children aged between 7-12 years living with parental separation or bereavement for more than 3 months.

### PLAY/CREATIVE THERAPY:

For children aged 3 to 18 years understand their feelings through creative tools.

### FAMILY WELL-BEING:

A 4 to 8 week programme designed to focus on parents needs to help them improve the home environment and communicate with family members effectively.

### NON VIOLENT RESISTANCE (NVR):

A 8 week programme for parents living with violence from their children and approaches to reduce stress.

### MEITHEAL SUPPORT:

A consensual interagency way of supporting families with additional needs in the community.

### SUPPORT FOR FAMILIES LIVING WITH ADDICTION:

Supporting families with members who have isuse drugs or alcohol; what to look for and how to cope as a family.

### PARENTING WHEN SEPARATED:

Advice for families on how to parent effectively before, during and after a separation.

### SPEECH & LANGUAGE:

Sessions for parents about signs and raising community awareness

### DOMESTIC/INTIMATE PARTNER VIOLENCE:

Confidential advice and assistance provided at another venue once every 2 weeks. Call to make an appointment on 087 116 0196.



*'The Greatness of a community is most accurately measured by the compassionate actions of its members'*

- Coretta Scott King -

1927-2006