



**TÚSLA**  
An Ghníomhaireacht um  
Leanaí agus an Teaghlach  
Child and Family Agency



# *Springboard*

**Family Support Project**

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## Who we are?

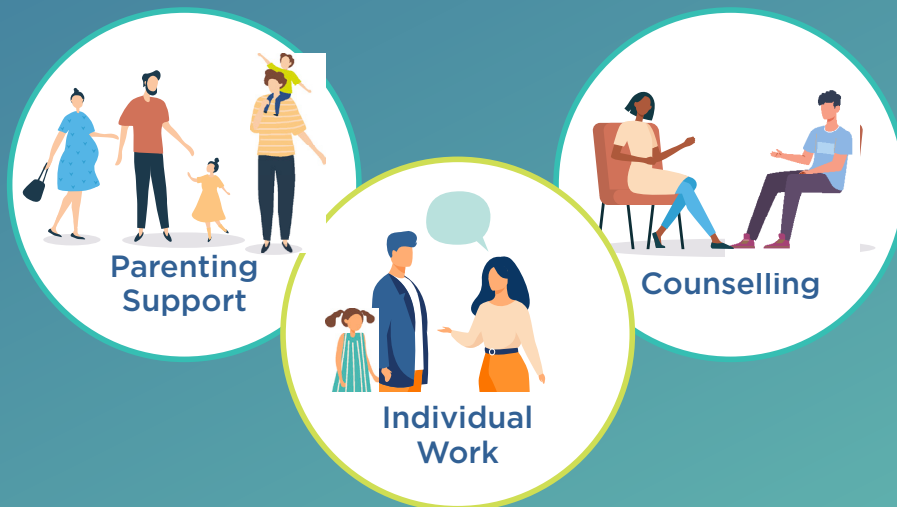
Springboard is a Family Support Project that aims to support Families living in the community, in the Cork City northwest area.\*

Springboard is based on voluntary engagement and aims to provide the necessary resources and supports to achieve better outcomes for children and their families.

Springboard works in partnership with parents and other community services placing the child at its core. Springboard values parents as being the most important person in the life of a child and recognises that parenting can be challenging.

Springboard aims to support parents by building on their strengths and helping them identify solutions that will work for them.

## What we do?



## How we do it?



### Family Support

Targeted Intervention with parents around practical day to day aspects of parenting, establishing boundaries and routines, improving parent/child relationships by building on strengths within the family and creating links with schools and the community. Where identified we also offer needs led individual support to children and young people.



### The Pod

Weekly interventions and activities for children and families experiencing homelessness or affected by same.



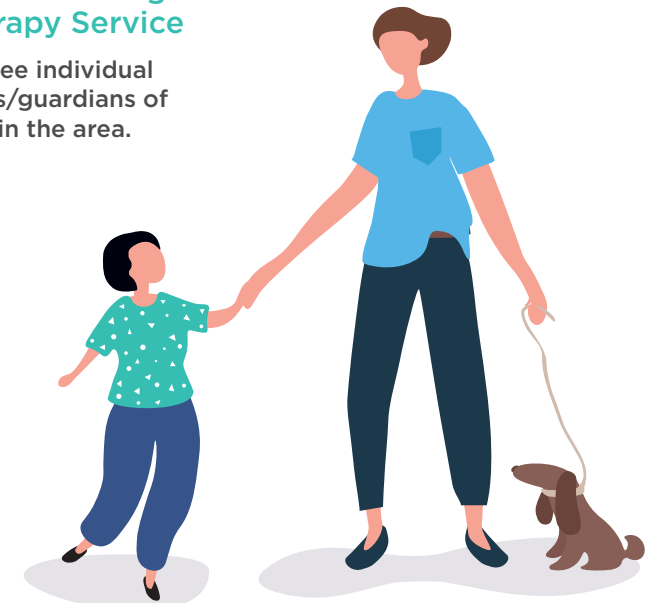
### Support Groups

Groups provided based on clusters of need that emerge from individual work with families.



### Springboard Counselling and Psychotherapy Service

SCPS provides free individual therapy to parents/guardians of children living in the area.



## Referral Information

Email or contact us on [springboard.cork@tusla.ie](mailto:springboard.cork@tusla.ie) / 021 4304796.

16 Cushing Road, Farranree, Cork T23H2CA

20 Fairfield Meadows, Fairhill, Cork T23R9HV

Link Point, Harbourview Road, Knocknaheeny, Cork T23YPT7

**Self-referrals from parents/guardians are welcome. Agency referrals must be with informed parental consent (written referral).**

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\*Farranree, Fairfield, Fairhill, St John's Well, Knocknaheeny, Churchfield, Gurranabraher, Shanakiel, Shandon, Blarney Street, Hollyhill & part of Blackpool.



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