



ParentStop

Parents – need support
with your parenting?

ParentStop is a free and confidential
parent support service that is here
to listen, advise and help, as and
when you need it.



Parents use ParentStop for lots of
different reasons and come away
feeling like the pressure is finally
easing, help is at hand, it's good to talk
it over and to get ideas on how to face
it- whatever the challenge.

**Contact a ParentStop
service near you:**

Letterkenny Service:
Castle Street, Market Square, Letterkenny
T: 074 9177249
E: sarahdevenney@parentstop.ie
or gertrudehouston@parentstop.ie

Inishowen Service:
IFAN Hub, 5 Millar's Way, Millbrae, Carrdonagh.
T: 074 9373493 or 0868863674
E: gertrudehouston@parentstop.ie

South Donegal Service:
Donegal FRC, Donegal Town.
T: 086 8494038
E: julievoss@parentstop.ie

North West Donegal Service:
Mevagh FRC, Downings
T: 087 7149789
E: sarahdevenney@parentstop.ie

www.parentstop.ie

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