



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.

www.parentstop.ie

Find us



 ParentStop



ParentStop

Free and Confidential
Listening & Support Service
across County Donegal



Contact a ParentStop service near you:

Letterkenny Service:

Castle Street, Market Square, Letterkenny

T: 074 9177249

E: sarahdevenney@parentstop.ie
or gertrudehouton@parentstop.ie

Inishowen Service:

IFAN Hub, 5 Millar's Way, Millbrae, Carndonagh.

T: 074 9373493 or 0868863674

E: gertrudehouton@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