

Gambling Addiction Therapy

Funded by **GAMBLINGCARE.ie** through the FRC National Forum, this national three-year pilot programme provides one-to-one counselling for anyone adversely affected by problem gambling. This includes people who are struggling with harmful gambling themselves, but it can also include e.g. family members of those gambling.

In a safe and confidential space the issues will be explored and strategies for positive change which enhances mental well-being will be worked on.



GAMBLINGCARE.ie

Family Resource Centre Programme

This national programme of over 100 FRCs is core funded by Tusla. Its principal objectives are to combat disadvantage and to strengthen and empower children, families and communities to achieve the best possible outcomes in life. FRCs involve local communities in addressing the issues they face, and creates meaningful partnerships for social change between voluntary and statutory agencies.

Family Resource Centre National Forum

The FRC National Forum is the national representative body of all FRCs. Its vision is:
That all children, families and communities will actively participate and be included in a society that is free from prejudice, inequality, discrimination and exclusion, and that will contribute to their greatest possible well-being.



Counselling

Counselling facilitates change and improves the quality of a person's life in a safe and secure place focusing on current crises and difficult events. This is usually short term.

Psychotherapy

Psychotherapy works on a deeper level, enabling clients to come to a broader understanding of their current and/or past problems and to make positive changes to their lives. A psychotherapist offers more in-depth work over a longer period of time.

Play Therapy

Play Therapy uses play and other creative techniques to address psychological and emotional issues in children that are causing behavioural problems and/or are preventing them from realising their potential. Children can learn new coping mechanisms and how to redirect unhelpful behaviour.

Art Therapy

Art Therapy is a form of psychotherapy where art materials are used. It is a safe and sensitive way to open a discussion, approach emotions, or delve deeper into concerns. The work produced can be explored and understood at a very personal and appropriate level. Artistic skills are not needed to participate in art therapy.

Theraplay

Theraplay is a parent/carer and child support programme where the practitioner uses playful interactions to build and support positive attachment.

Therapy and Counselling Services



Ballyfermot FRC
ballyfermotfrc.com



Cherry Orchard FRC
Facebook/The Bungalow



Quarryvale FRC
facebook.com/quarryvalefrc/

Ballyfermot FRC

Lynches Lane

Adolescent Counselling/Psychotherapy

13-17 year-olds

For information and to make an appointment please call 01-626 4147 or email frances@ballyfermotfrc.com

Individual Therapy

Adults

For information and to make an appointment please call 01-626 4147 or email frances@ballyfermotfrc.com

Couples Therapy

Adults

For information and to make an appointment please call 01-626 4147 or email frances@ballyfermotfrc.com

Family Therapy

Adults

For information and to make an appointment please call 01-626 4147 or email frances@ballyfermotfrc.com

Gambling Addiction Therapy

Adults

For information and to make an appointment please call 01-626 9151 or email GAT@quarryvalefrc.ie

Referrals

All services, all ages

For referrals to any of the above services please email frances@ballyfermotfrc.com

Cherry Orchard FRC

The Bungalow, 28 Elmdale Drive

Counselling

Adults

For information and to make an appointment please call 01-623 1367 or email marie@cofrc.com or call

Gambling Addiction Therapy

Adults

For information and to make an appointment please call 01-626 9151 or email GAT@quarryvalefrc.ie

Acupuncture Clinic

All ages

Acupuncture is a gentle medical system that is used to diagnose and treat illness, prevent disease and improve wellbeing.

For information and to make an appointment please call 01-626 1367 or email marie@cofrc.com

Massage Treatments

Adults

For information and to make an appointment please call 01-623 1367 or email marie@cofrc.com

Quarryvale FRC

Shancastle Avenue/Greenfort Gardens

Play Therapy

5-12 year-olds

For information and to make an appointment please call 01-626 9151 or email manager@quarryvalefrc.ie

Art Therapy

Older children, youth and adults

For information and to make an appointment please call 01-623 0264.

Psychotherapy and Counselling

Adults

For information and to make an appointment please call 01-623 0264.

Gambling Addiction Therapy

Adults

For information and to make an appointment please call 01-626 9151 or email GAT@quarryvalefrc.ie

Theraplay

3-13 year-olds with parent/carer

For information and to make an appointment please call 01-616 9151 or email familysupport@quarryvalefrc.ie

Referrals

All services, all ages

For referrals to any of the above services please email manager@quarryvalefrc.ie or call 01-626 9151.