



The Make One Change Campaign is aimed at parents across Donegal. The ParentHub is asking parents to think about things that could make family life better for ourselves and those we love. Together with your family decide on one change you could make for 2018.

Register by Friday 26th January by filling in this form and returning it to us at the address below or register on line at

<https://www.surveymonkey.com/r/MakeOneChange2018>

You could win great prizes— including a night away, lunch voucher, cinema trip, bowling, and much, much, more.

**We promise to Make 1 Change in 2018 by**

Family name

Address

Email

Phone

May we contact you with updates about family/parenting supports and services?

Help us to make the Parenthubdonegal.ie website as useful as possible for you :-

What area/areas do you want information or help with as a parent?

What ages are your children? Pre-birth  0—5 years

6—12  years 13—17 years  18—24 years

Please return your completed form to  
Bairbre Cahill ,Parent Hub, PPFS Office,  
St Conal's Campus, Kilmacrennan Road,  
Letterkenny, County Donegal.

