



November

Office
22 Mornington
Drive,
Trim,
Co. Meath,
C15R853

Bungalow
15 Wellington
Avenue,
Trim,
Co. Meath
C15FC03

046 9438850

info@trimfrc.ie

TÚSLA
An Ghnóthaireacht um
Leanaí agus an Teaghlach
Child and Family Agency

Weekly
Tuesday

Walk & Talk

10.30am at the Church car park. Everybody is welcome! Contact catherine@trimfrc.ie for more info.

Tuesday
3rd

Cool Dudes

5:00 - 7:00pm at the LMETB building in Trim
Healthy food course for ages 10-13 covering cooking and nutrition over 5 weeks. No cost.

Weekly
Tues,
Wed & Fri

Digital Drop In Tech Help

Tue: 10:00am - 12:00pm Trim Library.
Wed: 2:00 - 4:00pm Ballivor Library.
Fri: 10:00am - 12:00pm Enfield Library.

Weekly
Wed & Fri

Fáilte Isteach

Wed: 7:00-9:00pm at the Bungalow.
Fri: 10:00 am-12:00 pm at Trim Library. Free conversational English classes for migrants

Weekly
Wednesday

Young Inventors

5:00-7:00pm at the Bungalow. Bring your ideas to life with LEGO robotics and coding sessions for ages 6-12.

Weekly
Thursday

The Happy Hive Group

9.30- 10.15am Babies & Bumps for Under 1's
10.30 - 11.15am Parent Toddler for ages 1 - 4
Every Thursday at the Bungalow.

Thursday
5th

Healthy Food Made Easy

11:00am - 1:00pm at the LMETB building in Trim
Healthy food course for adults covering cooking and nutrition over 6 weeks. No cost.

Thursday
5th

Enfield Social Club

10:30- 12:30pm at Enfield GAA grounds. A place for games, refreshments and a space for chats. Join us for a relaxing nature walk.

Weekly
Friday

Men's Music Group

6:30 - 8:30pm at The Bungalow. A chance to play music and meet with other men in a friendly environment.

Sunday
8th & 22th

The Rewind Film Club

4:30 - 6:00pm at The Bungalow. Film club where everyone watches the chosen movie in their own time and meet to discuss with others.

Tuesday
10th

Parent Support Group

10:30 - 12:00pm at Trim Library. Art Session hosted by the parent support group. Limited spaces. Please email parentsupportgroup@trimfrc.ie to book.

Friday
13th

Kinship Carer Group

10:00am - 12:00pm in the Bungalow. This group will provide advice and support for those in a kinship care role.

Other Programmes and Events:

Social Prescribing - Hoping to improve your health & wellbeing and not sure where to start? Find out about community supports and activities by contacting socialprescribing@trimfrc.ie or call 046 9438850.

Drop-In Family Support - A welcoming and non-judgmental space where you can access assistance, guidance, and resources. Drop in or contact diane@trimfrc.ie to arrange an appointment.

Level Up - For young people 16 - 24 years old who are currently out of employment or education and are in need of extra supports. Contact jackie@trimfrc.ie or call 087 3898818.

Counselling - For young people aged 12 - 17 years old and adults over 18. Contact counselling@trimfrc.ie.

Boyne Memories Cafe - Supporting those living with a diagnosis of dementia & their family & friends. First Friday of the month.

...and many more programmes!



www.trimfamilyresourcecentre.ie