November

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 buidling in Trim Healthy food course covering cooking and nutrition over 5 weeks. For ages 10 - 13.

Weekly
Tues,
Wed & Fri

Digital Drop In Tech Help

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

Weekly
Wed & Fri

Fáilte Isteach

Wed: 7:00-9:00pm at the Bungalow.
Fri: 10:00 am-12:00 pm at Trim Library.
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 over 8 weeks. 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 buidling in Trim Healthy food course for covering cooking and nutrition over 6 weeks.

Thursday
5th

Movers & Groovers

11:00 - 12:00pm at Trim Library. Exercise course for over 55s covering chair aerobics, pilates and nutrition over 6 weeks.. €25 per person.

Biweekly
Thursday

Social Cafe

10:30- 12:30pm at the Gregory Inn Enfield on the 5th and 19th, and Summerhill Community Centre on the 12th & 26th. Call 0892457745 for details.

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.

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!

Scan me

www.trimfamilyresourcecentre.ie

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TUSLA
An Ghníomhaireacht um Leanaí agus an Teaghlach
Child and Family Agency