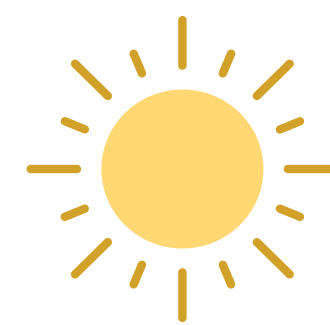




July **Upcoming Events**



Monday **Garden Group**
Mornings Help maintain our Community garden, and meet new people. At the Bungalow

Tuesday **Pop-up Pantry**
Mornings 9:30am - 10:30am
Community Food Pantry - Open to all!

Walk & Talk
Meet at the Church carpark at 10.30am.

Buggy Buddies
Come join other Parents on a walk around Trim. Meet at the Castle Bridge seats at 10.45am.

7th **Nutrition Workshop**
Healthy eating and cooking demo workshop. Suitable for everyone!

13th **Fun With Feelings**
for children aged 5-8 years old and 9-12 Years old
A 45-minute workshop for children.

19th **Coffee Hour**
6:00pm - 7:00pm at The Bungalow.
Pop down for a cuppa and learn about all our activities!

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

Bungalow
15 Wellington
Avenue,
Trim,
Co. Meath
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046 9438850

info@trimfrc.ie

Scan the QR Code to Register Interest For These Programmes and More Like:

Summer Camps & Workshops - 4 whole weeks of Summer Camps & Workshops running over the month of July. Including, art, coding and much more! For a wide age range.

Level Up - Programme for young people 16 - 24 years old who are currently out of employment or education and are in need of extra supports.

Confident Me - Can you spare two hours per week? We're looking volunteers to join the team and help out.

Rainbows - For children who have experienced a loss in their family due to Separation/Divorce or Bereavement. We are also looking for Volunteer Facilitators to join our team.

Low Cost Counselling - For young people aged 12 - 17 years old and adults over 18.

Play Therapy - For children aged 4 - 12 years old.

..and many more programmes!

