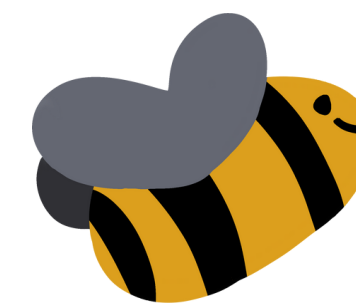




August Upcoming Events



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

Tuesday Mornings **Pop-up Pantry**
Community Food Pantry - Free food for all. Help us reduce food waste! 9:30am - 10:30am.

8th - 18th **We Are Closed**
We'll be shutting our office doors to the public for two weeks to recharge, regroup and make plans.

21st - 25th **Cool Dudes Healthy Eating**
Helps children improve and take an interest their eating habits. For ages 10 - 12 years.

22nd **Nutrition Workshop**
FREE Healthy Eating Workshop and Demo ran with Healthy Ireland. 1:00pm - 2:30pm. For adults.

23rd **Tai Chi on the Green**
Weekly Tai Chi workshops running until September 13th. 1:00pm - 2:30pm. €15 total per person.

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

Bungalow
15 Wellington Avenue,
Trim,
Co. Meath
C15FC03

046 9438850

info@trimfrc.ie

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

Parent Support Group - Returning in September.

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 - Taking names for next programme.. Date to be confirmed.

Rainbows - For children who have experienced a loss in their family due to Separation/Divorce or Bereavement. We're taking names for next programme. Date to be confirmed.

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!

SCAN ME
FOR MORE
DETAILS

