



December



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

Bungalow
15 Wellington Avenue,
Trim,
Co. Meath
C15FC03

046 9438850
info@trimfrc.ie

Garden Group

Monday Help maintain our Community garden, and meet new people. At the Bungalow

Pop-up Pantry

Tuesday 9:30 - 10:30am
Community Food Pantry - Open to all!

Walk & Talk

10.30am
Meet at the Church carpark

Buggy Buddies

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

Digital Café Drop In

Tues & Wed Get advice and support using your phone or laptop.
Tues 10am - 12pm Trim Library.
Wed 9am - 1pm Trim FRC Office. 2 - 4pm Athboy Library

Fáilte Isteach

Wed & Fri Conversational English Classes
Wed 7 - 9pm. Fri 10am - 12pm

Babies & Bumps

Thursday 9.45 - 10.30am - For Parents & children up to 12 months old and Mums to be to meet up.

Parent & Toddler Group

10.45am - 12pm - For Parents & children 1 to 3 years' old. Fun games and plenty of singing!

Parent Support Group

4th 10.30am in Trim Library with Speaker from Family Carer's Ireland. More info 087 3344735 or maryrose@trimfrc.ie

Men do Embroidery

7th Try Embroidery for FREE and learn techniques to stitch a decorative seasonal hoop. All levels welcome

Crafternoon - Embroidery

14th Try Embroidery for FREE and learn techniques to stitch a decorative seasonal hoop. 1 - 4pm. Open to all.

Santa Visits The Bungalow

19th & 20th Meet Santa, Mrs Claus and all the elves at The Bungalow. Booking required.



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

- Social Prescribing** - Need support but not sure where to go? Contact our Social Prescriber Kate! socialprescribing@trimfrc.ie or call 089 2457745
- 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. Contact Jackie jackie@trimfrc.ie or call 087 3898818
- Rainbows** - For children who have experienced a loss in their family due to Separation/Divorce or Bereavement.
- 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!

