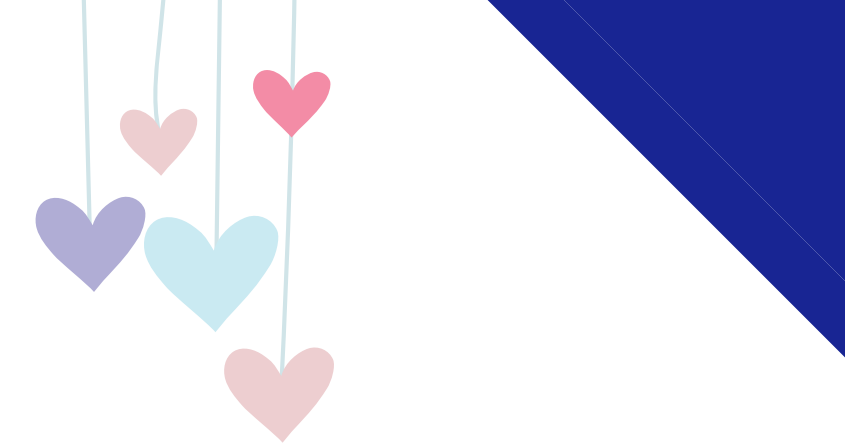


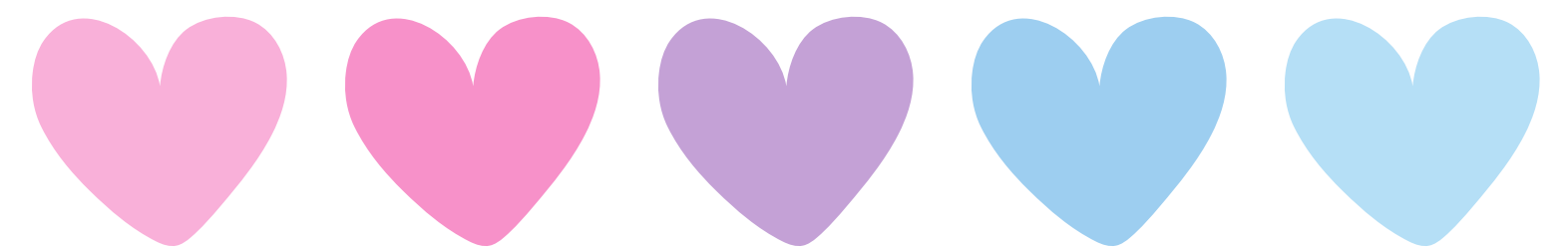


February



- Monday** **Garden Group**
Help maintain our Community garden, and meet new people. At the Bungalow
- Tuesday** **Pop-up Pantry**
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.
- Wed & Fri** **Fáilte Isteach**
Conversational English Classes
Wed 7 - 9pm at Bungalow. Fri 10am - 12pm At Trim Library
- Thursday** **Parent & Toddler Group**
10.45 - 11.30am - For Parents of children 1 to 3 years' old. Fun games and plenty of singing!
- Tai Chi for Men**
Weekly TaiChi groups.
€20 total per person

- Thursday** **Beginner Pilates**
Weekly Pilates for beginners.
6:00 - 6:45pm. €20 total per person.
- Cool Dudes Healthy Eating**
5 week course starting Feb 23rd. Help kids improve their eating habits, plan and cook easy meals.
- Friday** **Parenting Talks**
8th & 22nd
Parenting in the Online World (8th) and Parenting Tweens and Teens (22nd). Hosted by Dr Mary O'Kane.
- 10th & 24th** **Beauty Café**
Learn what colour and shape of clothing suits you in a group setting.
- 19th** **Parent Support Group**
9.30 - 11:30am in Trim Library
For parents of children with additional needs
- 21st & 28th** **Non-Violence Resistance**
For parents who are struggling to manage violent behaviours of their children.



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

Confident Me - This programme is designed for children who have experienced adversity and difficulty in their young lives with the hope of enhancing their confidence and self-esteem. Taking names for the next group.

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

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!



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

www.trimfamilyresourcecentre.ie

