



March

Office

22 Mornington
Drive,
Trim,
Co. Meath.
C15R853

Bungalow

15 Wellington
Avenue,
Trim,
Co. Meath
C15FC03

046 9438850

info@trimfrc.ie

- Monday** **Garden Group**
Help maintain our Community garden, and meet new people. At the Bungalow
- Tuesday** **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.
- Cula Bula Youth Group**
6.30 - 7.30pm in The Bungalow
Returning for fun and games for ages 8 - 12 years
- Wed & Fri** **Fáilte Isteach**
Conversational English Classes
Wed 7 - 9pm at Bungalow. Fri 10am - 12pm At Trim Library

- Thursday** **Babies & Bumps**
9.45 - 10.30am - For Parents of children up to 12 months old and Mums to be to meet up.
- Parent Toddler Group**
10.45 - 11.30am - For Parents of children 1 to 3 years' old. Fun games and plenty of singing!
- 8th** **International Womens Day**
10.00 - 11.30am Coffee Morning in aid of Meath Women's Refuge. Pop down and enjoy a cuppa!
- 11th** **Parent Support Group**
9.30 - 11:30am in Trim Library
For parents of children with additional needs
- 25th** **Easter Camp At The Bungalow**
Week long Easter fun at The Bungalow including coding, lego and illustration!

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!

