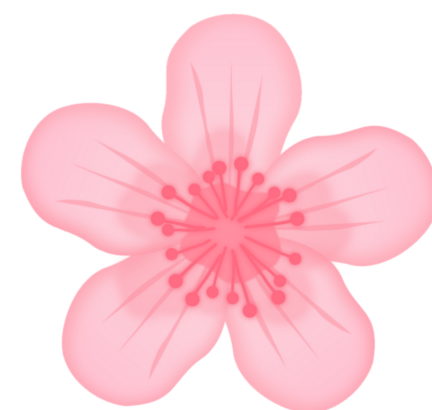




April



Office

22 Mornington
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Trim,
Co. Meath.
C15R853

Bungalow

15 Wellington
Avenue,
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C15FC03

046 9438850

info@trimfrc.ie

TUJSLA

An Ghnóthaireacht um
Leanaí agus an Teaghlach
Child and Family Agency

Garden Group

Monday Help maintain our Community garden, meet new people and learn new tips and tricks.

Walk & Talk

Tuesday 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.

Fáilte Isteach

Wed & Fri
Conversational English Classes
Wed 7 - 9pm at Bungalow. Fri 10am - 12pm At Trim Library

Babies, Parent & Toddler Group

Thursday 10.45 - 11.30am - For Mums to be and parents of children 0 to 3 years' old. Fun, singing and rhymes!

12th

Confident Me

5:00 - 6:30pm - 9 week programme. Cost €25. For 8 - 12 years. Encourage improved self-esteem and confidence.

19th

Group Ukulele

Running weekly for 8 weeks. For children aged 7 and up. Cost €30. Each participant will get to keep the ukulele

22nd

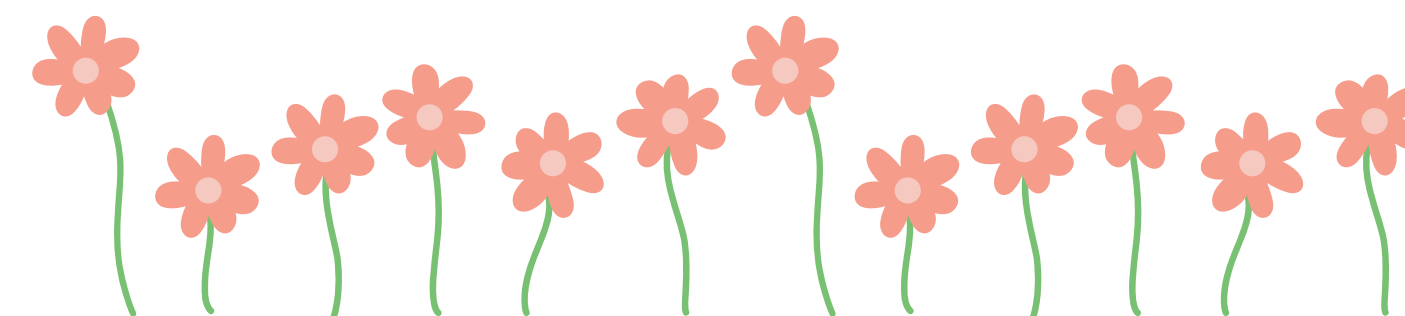
Parent Support Group

9.30 - 11:30am in The Cabin at TFRC Offices
For parents of children with additional needs

25th

Parenting When Separated

10:30am - 12:30pm - Running weekly for 6 weeks.
Programmes for separated or separating parents



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

Cula Bula Youth Club - Youth Club and safe space for young people aged 8 - 12 years to come together for fun, games and friendships.

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!



www.trimfamilyresourcecentre.ie