



# September

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**TÚSLA**  
An Ghnóthaireacht um  
Leanaí agus an Dteaghlach  
Child and Family Agency

- Monday **Garden Group**  
Help maintain our Community garden, meet new people and learn new tips and tricks.
- Tuesday **Walk & Talk**  
10.30am  
Meet at the Church carpark
- Tuesday **Buggy Buddies**  
Come join other Parents on a walk around Trim. Meet at the Castle Bridge seats at 10.45am.
- Tues, Wed & Fri **Digital Café Drop In**  
Get advice and support using your phone or laptop.  
Tue: 10am - 12pm Trim Library.  
Wed: 10am - 12pm Trim FRC, 2pm - 4pm Ballivor Library.  
Fri: 10:30am - 12:30pm Enfield Library.
- Wed & Fri **Fáilte Isteach**  
Wed 7 - 9pm at Bungalow. Fri 10am - 12pm At Trim Library. Conversational English Classes.
- Thursday **Babies & Bumps**  
Back Sept 12th. 9.45 - 10.30am - For Parents oand children up to 12 months old and also Mums to be to meet up.
- Thursday **Parent & Toddler Group**  
Back Sept 12th 10.45 - 11.30am - For Parents of children 1 to 3 years' old. Fun games and plenty of singing!
- 9<sup>th</sup> **Womens Dev Programme**  
For 12 weeks. For women of all ages currently out of employment.. Explore opportunities to develop skills. Cost €40.

10<sup>th</sup>

18<sup>th</sup>

19<sup>th</sup>

20<sup>th</sup>

24<sup>th</sup>

26<sup>th</sup>

## Parent Support Group

10:00 - 11:30am in The Cabin at Trim FRC Offices  
Open to all parents of children with additional needs

## PP Childrens Programme

For parents of 6 to 11 years old.  
Held in Trim FRC.

## PP Adolescent Programme

For parents of 11 to 16 years old.  
Held in Navan FRC/ online.

## Non-Violent Resistance Programme

For parents of children 7 to 17 years old.  
Held in Navan FRC.

## Confident Me Registration

8 week programme for 11 to 13 years. Costs €25.  
Encourage improved self-esteem and confidence

## PP Early Years Programme

For 1 to 6 years old.  
Held in East Coast FRC (Bettystown).

## Parenting Webinar

10:00am - "Does your child have an IEP (Individual Education plan) or a SSP (Student Support Plan) in school?" Online Webinar.

## PP Healthy Families Programme

For parents of children up to 12 years old.  
Held in Kells FRC.

**Scan the QR Code to Register Interest For These Programmes and Other Ongoing Supports and Services!**



[www.trimfamilyresourcecentre.ie](http://www.trimfamilyresourcecentre.ie)