



# November



## Tuesday **Walk & Talk**

10.30am at the Church carpark. Everybody is welcome! Contact [catherine@trimfrc.ie](mailto:catherine@trimfrc.ie)

## 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**

Conversational English Classes.

Wed: 7pm - 9pm at The Bungalow.

Fri: 10am - 12pm at Trim Library.

## Thursday **Babies, Parent & Toddler Group**

10.45 - 11.30am - For Parents of children 0 to 3 years' old. Fun games and plenty of singing!

## Thursday **Young Inventors**

4:30 - 6pm at The Bungalow. For children to build and explore basic robotics using LEGO.

Contact [yurii@trimfrc.ie](mailto:yurii@trimfrc.ie) for more information.

## Tuesday 12th **Parent Support Group**

10 - 11:30am in The Cabin at Trim FRC Offices

Open to all parents of children with additional needs

## Tuesday 19th **Men's International Day**

2 - 3.30pm Men's Survey Drop in at the Bungalow. Open to men of all ages. Pop in to fill out a short survey on the day or by going to the following link:

<https://shorturl.at/scURp>

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

**Bungalow**  
15 Wellington  
Avenue,  
Trim,  
Co. Meath  
C15FC03

046 9438850

[info@trimfrc.ie](mailto:info@trimfrc.ie)

## Scan the QR Code to Register Interest For:

**Social Prescribing** - Hoping to improve your health & wellbeing and not sure where to start? Find out about community supports and activities by contacting [socialprescribing@trimfrc.ie](mailto:socialprescribing@trimfrc.ie) or ph. 089 2457745

**Level Up** - For young people 16 - 24 years old who are currently out of employment or education and are in need of extra supports.

Contact [jackie@trimfrc.ie](mailto:jackie@trimfrc.ie) or call 087 3898818

**Counselling** - For young people aged 12 - 17 years old and adults over 18.

Contact [counselling@trimfrc.ie](mailto:counselling@trimfrc.ie).

**Drop-In Family Support** - A welcoming and non-judgmental space where you can access assistance, guidance, and resources.

Drop in or contact [diane@trimfrc.ie](mailto:diane@trimfrc.ie)

**Volunteers needed!** - Do you want to give back the community, we are always looking for new volunteers to join and help contribute to your Trim FRC.

Contact [info@trimfrc.ie](mailto:info@trimfrc.ie)

**...and many more programmes!**



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