



# March

Weekly  
Tuesday

## Walk & Talk

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

Wed &  
Friday

## Fáilte Isteach

Conversation English Classes.  
Wed: 7pm - 9pm at The Bungalow.  
Fri: 10am - 12pm At Trim Library.

Thursday

## Babies & Bumps

9.45 - 10.30am - For Parents and children up to 12 months old and Mums to be at the Bungalow.

Thursday

## Parent Toddler Group

10:45 - 11:30pm. For Parents and children 1 to 3 years' old in the Bungalow.  
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.

Friday  
7th

## Women's Day Coffee Morning

10 am - 12pm in the Bungalow.  
Celebrate International Womens Day with us and pop down for a cuppa! In aid of Meath Womens Refuge.

Wed 12th &  
Thurs 13th

## Taking Action

A 2-day self-directed recovery programme designed to support adults on their wellbeing journey.

Tuesday  
25th

## Parent Support Group

10 - 11:30am in The Cabin at Trim FRC Office  
Open to all parents of children with additional needs.  
Receive information, support & understanding.

**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)

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## 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. 046 9438850.

**Cool Dudes Healthy Food Made Easy** - Cooking course for children taking place in April.

**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!**

