



# September



Weekly  
Tuesday

## Walk & Talk

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

Returning  
Thursday  
11th

## Babies & Bumps

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

Returning  
Thursday  
11th

## 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!

Sunday  
14<sup>th</sup> & 28<sup>th</sup>

## Men's Music Meet Up

5:30 - 7:30pm in The Bungalow. Open to any instrument and any skill level. A chance to play and learn in a friendly environment.

Tuesday  
16th

## Parent Support Group

10:00 - 11:30am at Trim Library. Open to all parents of children with a disability or additional needs.

Returning  
Wednesday  
17th

## Faite Isteach

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

Sunday  
21st

## Men's Circle

5:30 - 7:30pm in The Bungalow. For men to come together in a safe and private space to talk and listen to each other.

Monday  
22nd

## Annual General Meeting

8pm in the Castle Arch Hotel. Everyone is invited so come down, get involved and have your say!

Thursday  
25th

## Movers & Groovers

2:30 - 4:00pm in The Bungalow. 8-week physical activity classes and nutritional advice programme for adults 55+ years old



## Parenting Programmes

We'll be running and hosting a selection of parenting programmes over September. To find out more, scan the QR code on the left

## 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 call 046 9438850.

**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

**Womens Development Programme** - 8 week programme starting in October. This programme will focus on empowering women through weekly workshops on confidence building, employability skills, goal setting and more.

**Counselling** - For young people aged 12 - 17 years old and adults over 18. Contact [counselling@trimfrc.ie](mailto:counselling@trimfrc.ie).

**Party Packs** - Having a party and in need of supplies? We have reusable party packs available for rental. Each pack comes items such as serving trays, cutlery, bowls, plates, glasses. Small returnable deposit applies.

**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) to arrange an appointment

...and many more programmes!

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

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