



# April

Weekly  
Tuesday

## Walk & Talk

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

Wednesday

## Young Inventors

5:30pm at The Bungalow. For kids aged 9 - 13 years. Weekly Lego, robotics and coding workshops.

Thursday

## Babies & Bumps

9.45 - 10.30am - For Parents and children up to 12 months old and Mums to be at the Bungalow. [Toddlergroup@trimfrc.ie](mailto:Toddlergroup@trimfrc.ie)

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! [Toddlergroup@trimfrc.ie](mailto:Toddlergroup@trimfrc.ie)

Friday

## Mens Music Group

6:30 - 8:30pm at The Bungalow. A chance to play music and meet with other men in a friendly environment.

Saturday

## Orion Project

2:00 - 4:00pm at The Bungalow. STEAM workshop for kids aged 9-13 years to build a space base and launch a rocket!

Saturday

## Art Class

4:00 - 6:00pm at The Bungalow. For adults. Running weekly. A relaxed, guided painting session in a welcoming atmosphere. Open to all.

Tuesday  
7th

## Adult Social Club

6:00 - 7:30pm in The Bungalow. A place for social games, refreshments and a space for chats. For adults.

Tuesday  
14th

## Parenting Webinar

7:00 - 9:00pm online. 'School Avoidance in autistic children/young people.' Free to attend but registration required.

Thursday  
16th &  
Friday 17th

## Taking Action Programme

At Castle Arch Hotel. A two-day wellness programme designed to support adults on their wellbeing journey.

Sunday  
19th

## Mens Film Club

4:00 - 6:00pm at The Bungalow. Film club where everyone watches the chosen movie in their own time and meet to discuss with other men.

Wednesday  
22nd

## Community Coffee Morning

10:00 - 11:30am at Castle Arch Hotel. Hosted by Zero Tolerance Meath Project. Enjoy a cuppa and discuss your community.

**Office**  
22 Mornington  
Drive,  
Trim,  
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**Bungalow**  
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Avenue,  
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**TUSLA**  
An Ghnóthasraíocht um  
Leasú agus an Teaghlach  
Child and Family Agency

## 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.

**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) to arrange an appointment.

...and many more programmes!

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

