



October



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TJSLA

Monday
12th

Seed Harvesting

Takes place at the Bungalow. Come along and learn how to harvest seeds and hear from Boyne Rivers Trust.

Tuesday
6th

Confident Me

5:00 - 6:30pm 8 week programme for 11 to 13 years. Costs €25. Encourages improved self-esteem and confidence.

Wednesday
14th

Waste Audit

12:00-2:00pm Learn to improve on Recycling, Reusing, and making sure we are correctly using our bins to help reduce waste and cost.

Wednesday
7th

Young Inventors

5:00pm - 7:00pm at The Bungalow. For kids aged 9 - 13 years. Weekly Lego, robotics and coding workshops.

Saturday
10th

Adult Art Classes

10:00am - 12:00pm Relaxed and inclusive art sessions where participants can explore different creative techniques and develop their artistic skills.

Monday
12th

Zero Tolerance

2:00 - 4:00pm in The Bungalow. Working group for Meath Womens Refuge Zero Tolerance Campaign.

Tuesday
6th

Parent Support Group

10:00 - 11:30am at Trim Library. Join us for an information session on The Changing Lives Initiative. For parents of children who may have signs of ADHD.

Weekly
Thursday

The Happy Hive Group

Weekly on Thursdays at The Bungalow.
9.30am - 10.15am Babies & Bumps for Under 1's
10.30am - 11.15am Parent Toddler for ages 1 - 4.

Tuesday
13th

Nature & Nurture River Walk

Starts at the Church car park. Join us for a walk along the River Boyne to learn about all the wonderful plants and learn how we can nurture them as they nurture us.

Sunday
11th & 25th

The Rewind Film Club

4:30 - 6:00pm at The Bungalow. Film club where everyone watches the chosen movie in their own time and meet to discuss with others.

Friday
9th

Kinship Carer Group

10:00am - 12:00pm in the Bungalow. This group will provide advice and support for those in a kinship care role.

Saturday
10th

The Network: Cyberpsychology

11:00am - 1:00pm For children aged 8-13. Fun activities about using the internet and gadgets safely, managing screen time, social media, online risks and AI.

1st, 2nd, and
3rd

25th Anniversary Celebration

Join us at the Castle Arch Hotel for three days of events celebrating 25 years of working in the community.
Thu: 11:00am - 1:00pm Strategic Plan Launch
Fri: 11:00am - 1:00pm Community Day
Sat: 11:00am - 1:00pm Family Fun Day

Other Programmes and Events:

Digital Drop In Help & Support - Tue: 10:00am - 12:00pm Trim Library. Wed: 2:00 - 4:00pm Ballivor Library. Fri: 10:00am - 12:00pm Enfield Library.

Walk & Talk - Everybody is welcome! Every Tuesday from 10:30 at the Church car park

Men's Music Group - A place to play music and meet with other men in a friendly environment. Every Friday from 6:30 - 8:30pm in the bungalow

Fáilte Isteach - Conversational English Classes. Every Wednesday from 7-9pm Bungalow and Fri 10-12pm Trim Library

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 or call 046 9438850.

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 to arrange an appointment.

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 or call 087 3898818.

Counselling - For young people aged 12 - 17 years old and adults over 18. Contact counselling@trimfrc.ie.

...and many more programmes!



www.trimfamilyresourcecentre.ie