



June

Monday Garden Group
Help maintain our Community garden, meet new people and learn new tips and tricks.

Tuesday Walk & Talk
10.30am
Meet at the Church carpark

Buggy Buddies
Come join other Parents on a walk around Trim. Meet at the Castle Bridge seats at 10.45am.

Cula Bula Youth Club
6:30 - 7:30pm - Club for 8 - 12 years to come together for fun, games and friendships.

Wed & Fri Fáilte Isteach
Wed 7 - 9pm at Bungalow. Fri 10am - 12pm At Trim Library. Conversational English Classes

Thursday Babies & Bumps
9.45 - 10.30am - For Parents of children up to 12 months old and Mums to be to meet up.

Thursday Parent & Toddler Group
10.45 - 11.30am - For Parents of children 1 to 3 years' old. Fun games and plenty of singing!

22nd Parent Support Group
9.30 - 11:30am in The Cabin at TFRC Offices
For parents of children with additional needs

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

Bungalow
15 Wellington Avenue,
Trim,
Co. Meath
C15FC03

046 9438850
info@trimfrc.ie

Scan the QR Code to Register Interest For These Programmes and More Like:

- Social Prescribing** - Need support but not sure where to go? Contact our Social Prescriber Kate! socialprescribing@trimfrc.ie or call 089 2457745
 - Level Up** - Programme for young people 16 - 24 years old who are currently out of employment or education and are in need of extra supports. Contact Jackie jackie@trimfrc.ie or call 087 3898818
 - Low Cost Counselling** - For young people aged 12 - 17 years old and adults over 18.
 - Play Therapy** - For children aged 4 - 12 years old.
 - Drop-In Family Support** - We offer a welcoming and non-judgmental space where you can access assistance, guidance, and resources. Whether it's help filling out a form, understanding information or linking to other services, our dedicated family support worker will be able to help. Drop in or contact Diane at diane@trimfrc.ie
 - Sibshop** - Saturday 6th July from 2.00 - 4.30pm. A fun and interactive workshops for children aged 8 -12 who have a sibling with additional care needs at home. Workshops include games, activities and healthy snacks. For further information or to book a place please email youngcarers@familycarers.ie
 - Summer Camps** - 4 weeks of fun coming in July!
- ...and many more programmes!**

