



Family Resource Centre, Navan, Co. Meath

First Quarter Timetable: January - March 2022

Day	Group/Programme	AM	PM	Start Date	Finish Date	Room	Facilitators
Monday	Parent & Toddler Group Lifestory Work	10.30-12.30	2-4	Ongoing	Ongoing Ongoing	Ohana & Little Explorers Little Explorers Kitchen	Internal Internal Internal
Tuesday	PP Middle Years Confident Me Parenting when Separated	10-12.30	 3.15-4.45 7-9	15/2/22 15/2/22	29/3/22 12/4/22	Ohana Room Rainbow Room/Little Explorers Kitchen	Internal External & Internal External & Internal
Wednesday	PP Early Years Mindfulness & Self-Care	10-12.30 10.30-11.30		16/2/22 26/1/22	30/3/22 23/2/22	Ohana Room Sunflower Room Kitchen & Outdoor Play	Internal Internal
Thursday	Young Mum's Group Lifestory Work	10-12	 2-4	Ongoing Ongoing	Ongoing	Kitchen & Little Explorers Little Explorers	External Internal

Friday	Women's Group Nurture Corner (5- 8years)	10-12	3.30-4.30	Feb	Ongoing	Kitchen Sunflower Room	Internal Internal

***Due to the ongoing uncertainty of restrictions and safety guidelines, the above timetable is subject to change. We apologise for any inconvenience this may cause and thank you for your patience and understanding.**