



February

Upcoming Events

Monday **Garden Group**

Mornings At the Bungalow.

Monday & Tuesday **Piano Lessons**

Afternoons Contact caroline@trimfrc.ie to be added to the waiting list

Tuesday **Pop-up Pantry**

Mornings 11:00am - 12:00pm
Community Food Pantry - Open to all!

Walk & Talk

Meet at the Church carpark at 10.30am.

Buggy Buddies

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

Wednesday **Grow Group**

Afternoons Mental Health Peer Support Group

Weds

Eve & Fri Morn **Faite Isteach**

Weekly Conversational English Classes.

Babies & Bumps

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

Parent Toddler Group

10.45am - 11.30am - For Parents of kids 1 to 3 years' olds.
Fun games and plenty of singing!

13th & 27th **Parent Support Group**

13th Morning Session 9:30am - 11:00am
27th Evening Session 7:30pm - 9:00pm

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

Level Up - Programme for young people 16 - 24 years who are currently out of employment or education and are in need of extra supports

Confident Me - Can you spare two hours per week? We're looking volunteers to join the team and help out.

Rainbows - For children who have experienced a loss in their family due to Separation/Divorce or Bereavement. We are also looking for Volunteer Facilitators to join our team.

Cula Bula - Weekly Youth Club for kids aged 8 - 12. Looking for volunteers to help run the club.

Low Cost Counselling - For young people aged 12 - 17 and adults over 17.

Play Therapy - For children aged 4 - 12 years old.

..and many more programmes!



or visit:

<https://forms.gle/1FzRbnWWjwpQCmMK6>

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