



# April



## Upcoming Events

### Monday **Garden Group**

Mornings At the Bungalow.

### Monday & Tuesday **Piano Lessons**

Afternoons Contact info@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 seats at 10.45am.

### Tuesday **Cula Bula**

Evenings Weekly Youth Club for children aged 8 - 12 years old.  
Looking for volunteers to help run the club.

### Wednesday **Grow Group**

Afternoons Weekly Mental Health Peer Support Group.

Weds

### Eve & Fri Morn **Failte Isteach**

Weekly Conversational English Classes.

### **Babies & Bumps**

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

### **Parent Toddler Group**

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

9<sup>th</sup> & 23<sup>rd</sup>

### **Trim Community Music**

4 - 5pm Set Dancing  
5 - 7pm tunes and songs

17<sup>th</sup> & 24<sup>th</sup>

### **Parent Support Group**

17<sup>th</sup> Morning Session 9:30am - 11:00am.  
24<sup>th</sup> 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 old 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.

**Low Cost Counselling** - For young people aged 12 - 17 years old and adults over 18.

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

..and many more programmes!



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