



# October



- Monday Mornings **Garden Group**  
Help maintain our Community garden, and meet new people. At the Bungalow
- Mon & Wed Morns **Womens Dev. Programme**  
For women of all ages currently out of employment.. Explore opportunities to develop skills.
- Tuesday Mornings **Pop-up Pantry**  
9:30am - 10:30am  
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.
- Tues & Wed **Digital Café Drop In**  
Get advice and support using your phone or laptop.  
Tues 10:00am - 12:00pm Trim Library. Wed 9:00am - 1:00pm TFRC Office, 2:00pm - 4:00pm Athboy Library

- Weds Eve & Fri Morn **Failte Isteach**  
Conversational English Classes at the Bungalow.  
Wed 7:00pm - 9:00pm. Fri 10:00am - 12:00pm

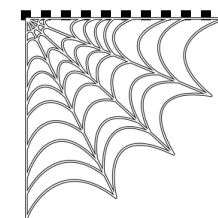
- Thursday Mornings **Parent Toddler Group**  
10.45am - 11.30am - For Parents of children 1 to 3 years' old. Fun games and plenty of singing!

- 7<sup>th</sup> **Embodied English Workshops**  
Two workshops - one for tutors and one for learners  
Learn English through Drama techniques

- 9<sup>th</sup> & 23<sup>rd</sup> **Parent Support Group**  
9<sup>th</sup> Morning Session 9:30am - 11:00am.  
23<sup>rd</sup> Evening Session 7:30pm - 9:00pm.

- 10<sup>th</sup> **Rainbows**  
Programme start. for children who have experienced a loss in their family to separation or bereavement

- 20<sup>th</sup> **I AM BABA**  
I AM BABA, a magical adventure of song, lights and textures for babies aged 0 - 12 months.



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

- Halloween Creative workshops** - For children and adults  
**CoderDojo** - Currently looking for volunteers to help run sessions  
**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** - Taking names for the next group  
**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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