



May

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, Parent & Toddler Group
10.45 - 11.30am - For Mums to be and parents of children 0 to 3 years' old. Fun, singing and rhymes!

9th & 22nd LGBTQI+ Workshop
In Trim Library. Suitable for parents and adults who want to support the LGBTQI+ person in their lives.

13th Air Dry Clay Pottery
10am - 12pm for 6 weeks. Cost €30. Make a variety of items from dishes, to plant pots and jewellery.

22nd SAFETalk
A workshop to become a suicide-alert helper. Workshop is free of charge

22nd Healthy Food Made Easy
Running for 6 weeks. For adults. It helps people improve their eating habits and make easy to cook meals

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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

...and many more programmes!

