



September

Upcoming Events

Monday **Garden Group**
Mornings At The Bungalow

7th

Chair Pilates & Line Dancing

Both courses will run for 4 weeks

Tuesday **Pop-up Pantry**
Mornings 11:00am - 12:00pm
Community Food Pantry - Open to all!

12th

Parent Support Group

Evening Session

Stroll For Your Soul

10.30am - Meet @ The Church Car Park
All Welcome!

14th

Singing for Wellbeing

Runs for 6 weeks

Come join the fun and exercise your lungs

Buggy Buddies

10.45am- Meeting near The Castle Bridge

15th

Faite Isteach

Weekly Conversational English Classes. Students and tutors needed - contact kathrin@trimfrc.ie

Thursday **Babies & Bumps**
Mornings Starting September 8th 9:45 to 10:30am
Meet other Parents, Mums to-be & babies!

19th

Women's Development

Programme every Monday and Wednesday

Contact Caroline@trimfrc.ie for more info

Parent & Toddler Group

Starting September 8th 10:45 to 11:30am
Meet parents, learn to have fun and share

26th

Parent Support Group

Morning Session

Register Interest For

TLC Kidz - For mothers and children who experienced domestic violence

Level Up - Employability skills for young people 16 - 24 years

Rainbows - For children who have experienced a loss in their family due to Separation/Divorce or Bereavement.

Piano Lessons for kids, **Cula Bula Youth Club** and **Volunteer Event**

AGM Event

Our Annual General Meeting 19th September at 7pm in the Bungalow

All welcome

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