



# November

## Upcoming Events

Monday & Tuesday Afternoons **Piano Lessons**  
Contact [caroline@trimfrc.ie](mailto:caroline@trimfrc.ie) to be added to the waiting list

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

**Walk & Talk**  
10.30am - Meet @ The Church Car Park  
All Welcome!

**Buggy Buddies**  
10.45am - Meeting at The Castle Bridge

**You Can Do I.T**  
I.T & Digital skills workshops for beginners

Wednesday Afternoons **Grow Group**  
Mental Health Peer Support Group

Thursday Mornings **Babies & Bumps**  
The Parent Toddler group will be joining  
Babies & Bumps Group - 9.45am - 10.30am

Thursday Eve & Friday Morn **Failte Isteach**  
Weekly Conversational English Classes

Saturday Mornings **CoderDojo**  
Looking for more volunteers - Contact [coderdojo@trimfrc.ie](mailto:coderdojo@trimfrc.ie)

7<sup>th</sup> & 21<sup>st</sup> **Parent Support Group**  
Evening session 7<sup>th</sup> Nov 7.30 - 9.00pm  
Morning session 21<sup>st</sup> Nov 9.30am - 11.30am

13<sup>th</sup> & 27<sup>th</sup> **Trim Community Music**  
Set dancing 3 - 4pm,  
Tunes and Songs 4-6pm - all welcome!

16<sup>th</sup> **Singing for Wellbeing**  
Start of 4 week programme.  
11:30am at the GAA. €10 total. per person

24<sup>th</sup> **MABS Drop-In Service**  
Basic budgeting advice and support session. 11am -12pm at the Bungalow

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### Register Interest For

**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. To sign up, email [rainbows@trimfrc.ie](mailto:rainbows@trimfrc.ie) or call 046 9433850. We are also looking for Volunteer Facilitators to join our Rainbows team.

**Cula Bula** - Weekly Youth Club for kids aged 8 - 12. Looking for volunteers to help run the club, contact [caroline@trimfrc.ie](mailto:caroline@trimfrc.ie) for more info.

**Low Cost Counselling** - Contact [counselling@trimfrc.ie](mailto:counselling@trimfrc.ie) or call 046 9483550 for more information

**Play Therapy** - Our Play therapists work with children aged 4 - 12 years old. Contact [counselling@trimfrc.ie](mailto:counselling@trimfrc.ie) or call 046 9438850 for more information

**Youth Work Ireland Peer Support Group** - Contact [peter@youthworkirelandmeath.ie](mailto:peter@youthworkirelandmeath.ie) for more info

**TLC Kidz** - Registration for a programme for mothers and children who experienced domestic violence

**Engage: Connecting with Men Training** - Free training for anyone working with men... In collaboration with HSE Health Promotion

### Office

22 Mornington Drive,  
Trim,  
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### Bungalow

15 Wellington Avenue,  
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