



# December

## 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  
Join other Parents on a walk around Trim.

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

Thursday Mornings **Babies & Bumps**  
9.45am - 10.30am. Ending for the year Dec 15th.  
For Parents of children up to 12 months old and Mums to be. 087 7383858 for more info

**Parent Toddler Group**  
10.45am - 11.30am. Finishing for the year on 15th  
For Parents of kids 1 to 3 years' old

Thurs Eve & Fri Morn **Failte Isteach**  
Weekly Conversational English Classes

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

5<sup>th</sup> & 12<sup>th</sup> **WRAP**  
Take time to look after your mental health in this 2 half day workshop. Cost €10 total.

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

14<sup>th</sup> **Womens Development**  
WDP will be enjoying some festive workshops before they wrap up for Christmas!

16<sup>th</sup> **Cula Bula Movie Night**  
Cula Bula will be having their Christmas movie night!

20<sup>th</sup> to 22<sup>nd</sup> **Santa Visits The Bungalow**  
See Santa and his elves and enjoy the magic of Christmas. [caroline@trimfrc.ie](mailto:caroline@trimfrc.ie) to book



---

### Register Interest For

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

**Non Violence Resistance** - For parents who are struggling to manage violent behaviours of their children, Spring dates TBC

**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 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



**Office**  
22 Mornington Drive,  
Trim,  
Co. Meath.  
C15R853

**Bungalow**  
15 Wellington Avenue,  
Trim,  
Co. Meath  
C15FC03

046 9438850

[info@trimfrc.ie](mailto:info@trimfrc.ie)

