

## Opening Hours

### Resource Centre

Monday to Friday

9am to 6pm

### Breffni Childcare

Monday to Friday

8am to 6pm



## Directions

From Main Street, Carrick-on-Shannon please follow the signposts for Breffni Family Resource Centre located opposite Murtagh's Bar.

We are approximately a 5 minute walk from Main Street, Carrick-on-Shannon.



## Contact Information

Telephone: 071-9622566

Email: [reception@breffnifrc.ie](mailto:reception@breffnifrc.ie)

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

Website: [www.breffnifrc.ie](http://www.breffnifrc.ie)

Facebook: [facebook.com/breffnifrc](https://facebook.com/breffnifrc)

Twitter: [@breffnifrc](https://twitter.com/breffnifrc)

Charity No: 14070

Company Registered in Ireland No: 344649



Family Resource Centre  
National Forum  
Supporting • Strengthening • Empowering



An Roinn Forbartha  
Tuaithe agus Pobail  
Department of Rural and  
Community Development

An Roinn Coimrce Sóisialaí  
Department of Social Protection  
[www.welfare.ie](http://www.welfare.ie)



Leitrim  
DEVELOPMENT  
company



HE

TÚSLA  
An Ghnóthairíocht um  
Leasúil agus an Teaghlaigh  
Child and Family Agency

Comhairle Chontae Leitrim  
Leitrim County Council

Ireland's European Structural and  
Investment Funds Programmes  
2014-2020  
Co-funded by the Irish Government  
and the European Union

pobal  
Supporting communities



## Breffni Family Resource Centre



Breffni Crescent  
Carrick-on-Shannon  
Co. Leitrim  
071 9622566  
[www.breffnifrc.ie](http://www.breffnifrc.ie)

## Wellbeing

### **Pottery Painting Workshop**

Pottery Painting Workshop Wednesday 16th October from 11:00am—12:30pm. This workshop will be facilitated by Mo from Hullabaloo. **Cost: €10**

### **Breffni Men's Group**

Breffni Men's Group meet every Tuesday at Breffni FRC from 11am—1pm. €15 annual membership is required to participate in any of the men's group activities and €2 per workshop. Workshops are funded by MSLETB, National Lottery and Fees.

### **Oasis Breffni Women's Shed**

OASIS Breffni Women's Shed is a social and activity group for women of all ages. They meet every Friday from 11am to 1pm at Breffni FRC. Varied workshops throughout the year. €25 annual membership is required to participate in any of the workshops and €4 per workshop. Workshops are funded by MSLETB and National Lottery.

### **Corryealous Women's Group**

The group's main activities are health and education courses and workshops aimed at integrating women of all ages throughout the community.

### **Saol Nua**

Saol Nua is a Social Group for adults with varied needs and abilities. The aim of this group is to promote independence and friendships. They meet every Wednesday from 12—1.30pm. Varied workshops throughout the year including Arts & Crafts, VR workshops, Exercise and more.

### **Adult Games Group**

Adult Games Group meet every Wednesday at Breffni FRC from 10am—12pm. This group is open to all adults, so why don't you come along and play the games you know and love. Meet new friends and enjoy the super fun.

### **Gentle Yoga**

**with Sinead Griffin Campbell** - commenced 12th September from 10am - 11:00am, running for six weeks. **Cost: €30**

### **Adult Art Classes**

**with Noreen Gaffney.** Five week Adult art classes commenced 19th September. Discover your artistic side for the first time or improve existing skills in a relaxed and encouraging atmosphere.

### **Healthy Living & Exercise**

Every Wednesday at Breffni FRC from 10:30am—11:30am. For six wks **Cost: €30**

### **QQI Level 4 MSLETB Growing Fruit**

Every Monday at Breffni FRC from 10am—2pm. For more info please call Seamus Scott on 087 916 8087. **Cost: FREE**

## Support Groups

### **AA**

**Twelve Step Program.** AA weekly support group meet every Tuesday, Thursday from 8pm and Sunday from 12pm at Breffni FRC.

## Alanon

Alanon weekly support group meet every Wednesday evening at Breffni FRC from 8pm. Alanon is a fellowship of relatives and friends of alcoholics who share their experience, strength and hope in order to solve their common problem.

### **GROW**

Grow is a community of people drawn together by first hand experiences of mental health challenges. Having found practical ways of helping each other recover from mental health challenges. Meet every Wednesday at Breffni FRC from 11:00am—12:30pm. For more information contact Marie Gilligan (Area Coordinator Northwest) 086 851 6939 or email: mariegilligan@grow.ie

### **FOCUS Ireland**

Focus Ireland offers advice and information service i.e Housing advice, social welfare etc. For more information please email: help@focusireland.ie.

### **Memory Café**

Leitrim Memory Café is a safe and relaxed space where people with dementia, Alzheimer's or confusion and their families can come together with carers, volunteers and healthcare professionals to talk, share and learn in a safe and welcoming environment. This group meet the last Tuesday of every month in Café Paradiso in Carrick Cineplex from 11am—1pm.

## Groups who meet at Breffni FRC

### **Christian Meditation**

This Group meet every Wednesday evening from 7.30pm—9.30pm. For more info. contact Ann on 086 353 7758.

### **ICA**

Monthly meetings at Breffni FRC. Meet the first Tuesday of every month @ 8pm.

### **Townspark Residents Association**

The Residents Association proactively manage the progress and development of the area, with particular emphasis on Estate Management, Community Development and Fundraising. This group meet at Breffni FRC on a regular basis.

## Support Services

### **Social Prescribing**

The aim of Social Prescribing is to connect people with community groups, organisations and statutory services for practical and emotional support via the support of a Social Prescribing Link Worker with the overall purpose of improving health and wellbeing. For more information please call Sarah Carey (Link Worker) on 086 066 3789 or email: sarah.breffnifrc@gmail.com

### **Counselling & Therapy Services**

Breffni FRC offers counselling and support to families and children. All enquiries can be made in the strictest of confidence to Tricia Maye (Project Coordinator) on 071 9622566.

## Family Supports

### **Family Support Worker**

The Family Support Service is dedicated to strengthening families through practical and emotional family support. Our service is focused on meeting the individual needs of each family. The types of support we offer include; Parenting Support & Skill Development, Advocacy, Information and Advice, Confidence and Personal development, Signposting to services. Please contact Family Support Worker Letty Hill on 086 023 2598 or email: fsw@breffnifrc.ie

### **Family Support Drop In Clinic**

Family Support Drop In Clinic offers practical, emotional and parental advice and information in a welcoming, safe and confidential space in Breffni FRC every Wednesday morning from 10am—12pm. Please contact Letty on 086 023 2598 for more information. No appointment necessary. Supported by DVAS once a month.

### **Breffni Youth Café**

Youth worker offers a variety of youth services to the community as well as operating seasonal camps. For more information call Mandie on 083 129 2741.

### **Rainbows**

Rainbows provides group support programmes for children and young people who have experienced a bereavement or separation of their parents. We are currently seeking to recruit volunteer facilitators to join the Rainbows team at Breffni FRC, Carrick on Shannon. Each successful applicant will be required to attend a four day training event. Call 071 9622566 or email: funforyouthincarrick@gmail.com for an application form.

### **Baby & Toddler Group**

Come along and join our Baby & Toddler Group on Thursday morning from 11am - 1pm. We are a local support group for parents and carers that encourages friendships, peer support and learning for both children and adults in a relaxed environment. Refreshments provided.

### **Autism Support Group**

Autism Support Group for parents meet at Breffni FRC the second Thursday of every month from 11.30am. Get help and advice and meet other families.

### **Baby & Bonding Parent/Carer Group**

Commencing at Breffni FRC Tuesday 5th November - Tuesday 10th December from 10:00am - 11:00am. To book your place please call Sinead on 086 771 3782 or Sheila on 086 456 9079.

### **FEAD - Food Packs**

Bi-monthly Food distribution for low income families. Register for this scheme through the centre by calling 071-9622566.