

NEW Online Zumba Classes Thursday 15th of April (6 Weeks) 10 am– 11am via Zoom. Cost: FREE. Funded by Healthy Ireland

NEW Body Conditioning for Over 55's - Suitable for all levels in building core strength and flexibility. Tuesday, 13th April. (6 weeks) Cost: FREE via ZOOM. Funded by Healthy Ireland.

NEW Online Spanish Lessons, this 6 week beginner course will enable participants to develop the ability to use the language in range of social and personal situations. Commencing Thursday 29th April from 4-5pm for 6 weeks via ZOOM. Cost: €30

NEW Online Mindful Garden— The Mindful Garden programme is a unique, safe and effective approach that uses a combination of therapies aimed at meeting the needs of the child. The goal is to equip children with the necessary tools to care for their wellbeing and live happy and fulfilled lives. This is achieved in a fun, supportive and interactive environment. For children aged 6 to 12 years. via ZOOM. Commencing Saturday 10th April. Cost: €10

NEW SOOC— Shaping Ourselves and Our Children - An exciting new course for parents to have fun and learn about how their children develop their emotional and social skills at home. Cost FREE. Commencing April/May. Please register your expression of interest by calling us on 071 9622566.

New Yoga Classes—FREE 4 week course for complete beginners using Yin Yoga, you will also learn how to develop your own meditation practice. Commencing Monday 10th May, this is a pre-recorded video class sent to you on a weekly basis. Funded by Healthy Ireland.





New Mother & Baby Exercise Class —FREE 6 week course. Focus on breathing work, strengthen the core and pelvic floor, strengthening the body back up from the inside out, workout using weights or bodyweight. Commencing Tuesday 18th May from 11.15am-12.15pm. Funded by Healthy Ireland

NEW Social Prescribing is about supporting the health and wellbeing of people by using community based activities and supports, such as exercise, art, reading, gardening and health. The Social Prescribing Co-Ordinator will talk to you about what activities interest you, the benefits of participating in them and will assist and support you in attending these activities.

NEW Rainbows—Volunteer Facilitator Training Opportunity. This programme offers listening support in groups for children and young people of a similar age and loss. The programmes are delivered by trained facilitators over a ten-week period for an hour each week. We are currently seeking to recruit volunteer Facilitators to train and join the Rainbows team at Breffni Family Resource Centre, Carrick on Shannon. Each successful applicant will be required to attend a four day training event in May 2021. Application forms are available from Breffni FRC, call 071 9622566 or email: info@breffnifrc.com for an application form. Closing date for applications is Monday 19th April.



Breffni Family Resource Centre 2020
A LOOK BACK!

Groups & Supports at Breffni Family Resource Centre	
Counselling Service	Low-cost counselling service for adults and children. Call Suzanne, in confidence, for more information.
Smiley LGBT Group	SMILY LGBT Youth group SMILY LGBT+ offers a safe space for teens that maybe lesbian, gay, bisexual, transgender or youths questioning their sexual or gender identity aged 14-23 years old.
Monthly Carers Coffee Morning	Meet other carers, have a cup of coffee and get support for your caring situation. Help us plan activities that will help you.
 8 RAYS LEITRIM	8 Rays Leitrim is a group run by and for members of the Lesbian, Gay, Bisexual, Transgender, Queer and Intersex communities with the support of our families and friends.
Walkers Group	The walkers group will meet at 10am every Wednesday at the centre. Dates to be confirmed.
Corryeolus Women's Group	A variety of arts, crafts and healthy living courses. Booking required.
Bethany Bereavement	This non-denominational group offers support to people grieving the loss of someone. Meets the last Thursday of the month at 7pm.
Friends & Family Recovery Programme	Please call 071 9622566 for expression of interest.
Food Cloud 	Food distribution for low income families. Register for this scheme through the centre by calling Suzanne on 071-9622566. Distribution weekly and or monthly.
Simon Community 	The North West Simon Community holds a housing advice, information and support clinic at Breffni FRC You can also contact them on 071 91 47522 for assistance around housing issues including rent arrears, evictions and homelessness. Every Wednesday 2-4 by appointment.
Monthly Recovery	First Thursday of every month. 1—1 Alternative Therapies. Call 071 9622566 to book.
Autism Support Group	Get help and advice and meet other families. Meet Last Thursday of every Month from 10.30am,
SMART Recovery	Get your life back in shape with this peer support group for people in recovery from any kind of addiction. Meets Mondays 7pm - 8.30pm.
Leitrim Memory Café	For people living with dementia and their family carers. Last Tuesday of the month at Carrick Cineplex Paradiso Café. 11am-1pm.
Saol Nua 	Saol Nua is a Social Group for adults with learning difficulties, anxiety disorders, mental health issues, depression and mood disorders. A varied programme of activities, workshops, trips and courses are organised throughout the year. If you, or anyone that you know, would be interested in joining the Saol Nua Social Group, please call Suzanne on 071-9622566 or email suzanne@breffnifrc.com.
Other groups meeting at Breffni:	
<ul style="list-style-type: none"> • ICA (Irish Countrywomen's Association) • NA (Narcotics Anonymous) • Christian Meditation • Prayer Groups • Recovery Support • SAW (Saturday Adult Workshop) AND MANY OTHERS 	

Staywell Screening presents
Body & Conditioning
THIS IS YOUR CHANCE TO GET FIT & TONE UP
FREE Tuesday April 13th 10am - 11am (6 weeks)
To register please call 071 9622566
www.breffnifrc.ie

Staywell Screening Programme presents
YOGA CLASSES
With Tara Killeen Yin Yoga Instructor
Free 4 week Course using Vimeo
✓ Complete Beginners Course
✓ Yin Yoga
✓ Learn how to develop your own meditation practice
To register: CALL 071 9622566 www.breffnifrc.ie

SOOC SHAPING OURSELVES AND OUR CHILDREN
Shaping Ourselves and Our Children will help us as parents explore:
• Hopes and Fears we have for our children and their future.
• How home shapes our children for the world outside.
• Self-esteem and Confidence.
• Communication Skills—what parents say and what children hear.
• Learning through Play.
• Respect for Diversity and our Changing Communities.
What is SOOC?
SOOC is an exciting new course for parents to have fun and learn about how their children develop their emotional and social skills at home. Parents will learn how to support their children to develop these skills and how these will benefit their children later at school, in their community and throughout their lives.
BREFFNI FRC April/ May
To register your expression of interest please give us a call on 071 9622566

Mother & Baby Exercise Class
try out our free Zoom classes!!!
Commencing Tuesday 18th May 11.15am - 12pm for six weeks
Focus on:
• Breathing Work
• Strengthen the core and pelvic floor.
• Strengthening the body back up from the inside out.
• Workout using weights or bodyweight.
Mums must have attended GP 6 wk checkup and have clearance to exercise post partum and 8 - 10 weeks Post C Section
To register please call Breffni Family Resource Centre on 071 9622566