

APRIL 2019
from 10am—1pm

Friday 5th April
SOAP FELTING



Friday 12th April
GLASS PAINTING

Friday 19th April
EASTER

CLOSED

Friday 26th April
TRIP TO LOUGH
KEY FOREST
PARK



Activities & Services
at Breffni Family
Resource Centre:

- ✦ OASIS - Breffni Women's Shed
- ✦ Youth Café
- ✦ Crèche
- ✦ Rainbows Programme
- ✦ Programme for People with Disabilities
- ✦ Rooms to Hire
- ✦ Free Pre-School (ECCE)
- ✦ Administrative Services including colour photocopying, enlargements up to A3, printing, faxing, binding, and laminating
- ✦ Community Composting
- ✦ Allotments to Rent
- ✦ After-School & Transport
- ✦ Various Workshops
- ✦ Men's Group
- ✦ Evening Classes
- ✦ Internet Access & Job Group
- ✦ 12-Step Programmes
- ✦ Information Centre
- ✦ Shop
- ✦ Over 55's Programme
- ✦ Parenting Programmes
- ✦ Breast Feeding Support
- ✦ Community Playground
- ✦ FEAD / Food Cloud Scheme and much more!

OPENING HOURS

Resource Centre

Mon - Thurs

9am - 6pm

Friday

9am - 5pm

SHOP

Monday - Fri

9am - 8pm

Regular Updates!

Regular, updated information can also be found on our website at:
www.breffnifrc.ie

Find us on:

facebook

Breffni FRC

To Find Us

From Main Street Carrick-on-Shannon, follow the signpost for "Breffni Family Resource Centre" opposite Murtagh's Bar

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



OASIS
Breffni Women's Shed
Newsletter
Jan - Apr 2019

OASIS - Breffni Women's Shed is a social and activity group for women of all ages. We meet every Friday from 10am to 1pm at Breffni Family Resource Centre in the lovely town of Carrick-on-Shannon.

Activities are varied and fun and a light lunch is provided each week.

Just come along any Friday!

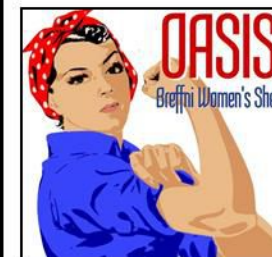
Based at:

Breffni Family Resource Centre



NEWSLETTER Jan—Apr 2019

Breffni Community Development CLG
 Family Resource Centre,
 Breffni Crescent,
 Carrick-on-Shannon,
 Co. Leitrim. N41 X9D6



Tel: 071-9622566
 Mobile: 086-0737454

Email:
info@breffnifrc.com
 Web: www.breffnifrc.ie



Membership Fee €20 per annum.
Weekly cost of €4 to members and €5 to non members.
Trips are subsidised for members only.
Membership Forms can be obtained at Reception.

JANUARY 2019
from 10am—1pm



Friday 4th Jan
CHAT/EVALUATION/
PLANNING



Friday 11th Jan
♦ PEBBLE ART
♦ MEMBERSHIP
FORMS

Friday 18th Jan
SUGAR SCRUB
MEDITATION



Friday 25th Jan
CACTUS GARDEN
(or other)

FEBRUARY 2019
from 10am—1pm



Friday 1st Feb
NAIL VARNISH
MUG ART

Friday 8th Feb
INDOOR ARCHERY
(Carrick Archery)



Friday 15th Feb
MEDITATION &
MINDFULNESS/
REFLEXOLOGY

Friday 22nd Feb
LOLLIPOP
BIRD FEEDERS



MARCH 2019
from 10am—1pm

Friday 1st Mar
DENIM CRAFT
LAVENDAR BAGS



Friday 8th Mar
WOOL TRINKET BOX
(with Sharon McMahon)



Friday 15th Mar
MEDITATION



Friday 22nd Mar
ALTERNATIVE
THERAPIES



Friday 29th Mar
ZUMBA (TRIAL)

