

JUNE 2019

Wednesday, 5th June

DRAMA

12-1.30PM

Wednesday, 12th June
HEALTH & NUTRITION

12-1.30pm

Wednesday, 19th June

TRIP TO LOUGH KEY

TBC

Wednesday, 26th June

ART

12-1.30pm



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



Saol Nua Group Newsletter Jan-June 2019

Saol Nua is a Social Group for adults with learning difficulties, anxiety disorders, mental health issues, depression and mood disorders and is based at Breffni Family Resource Centre in Carrick-on-Shannon. A fun and varied programme of activities, workshops, trips and courses are organised throughout the year.

The aim of the group is for members to participate within the community at a social level, alleviate isolation and to build social networks in a supportive, structured, fun and safe environment. Transport is organised for participation wherever possible.

If you, or anyone that you know would be interested in joining the Saol Nua Social Group please call the centre on 071 9622566 or email: suzanne@breffnifrc.com.



NEWSLETTER Jan-June 2019

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



Based at
Breffni Family Resource Centre

Tel: 071 9622566
Mobile: 086-0687473
Fax: 071-96222106
Email: info@breffnifrc.com
Web: www.breffnifrc.ie



JANUARY 2019



Wednesday, 23rd January

TRIP TO CINEMA

TBC

Wednesday, 30th January

ART WITH NOREEN

12—1.30pm



FEBRUARY 2019

Wednesday, 6th February

DRAMA

12-1.30PM

Wednesday, 13th February

VALENTINES CRAFTS

12—1.30pm



Wednesday, 20th February



HIP HOP WITH BREDA

12—1.30pm

Wednesday, 27th February

ART

12-1.30pm

MARCH 2019

Wednesday, 6th March

DRAMA

12—1.30pm



Wednesday, 13th March

ST PATRICK'S DAY ARTS & CRAFTS

12—1.30pm

Wednesday, 20th March

ARCHERY

12-1.30pm



Wednesday, 27th March

ART

12-1.30pm

APRIL 2019

Wednesday, 3rd April

DRAMA

12—1.30pm

Wednesday, 10th April

CINEMA TRIP

TBC

Wednesday, 17th April

EASTER CRAFTS

12—1.30pm



Wednesday, 24th April

TRIP TO BUNDORAN

TBC

MAY 2019

Wednesday, 1st May

DRAMA

12-1.30PM

Wednesday, 8th May

COMPLIMENTARY THERAPIES

12—1.30pm

Wednesday, 15th May

GARDENING

12—1.30pm

Wednesday, 22nd May

5 A-SIDE SOCCER

12-1.30pm

Wednesday, 29th May

ART

12-1.30pm

